

THE

NAUTILUS

SELF - HELP
THROUGH SELF KNOWLEDGE

*"Build thee more stately mansions, oh, my soul!
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple, nobler than the last,
Shut thee from heaven with a dome more vast,
'Till thou at length art free,
Leaving thine outgrown shell by life's unresting sea."
—Holmes' "The Chambered Nautilus."*

NOVEMBER 1907

Vow you're healthy,
Wise and wealthy;
Affirmations;
Right vibrations;
Transformation!
Jubilation!!

—EDITED AND PUBLISHED BY—
• ELIZABETH TOWNE AT HOLYOKE, MASS •

W. V. BELMA

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NEW THOUGHT CENTERS.

Following is a list of New Thought centers, reading rooms, bookstores, etc., where New Thought publications may be found, and where visitors are always welcome.

- ATLANTIC CITY, N. J.**—F. D. Martini, Palmist, Delaware ave. and Board Walk.
- BOSTON, MASS.**—The Metaphysical Club, 211 Huntington Chambers, 30 Huntington ave.
- BRUNSWICK, O.**—Co-operative Book and Subscription Agency, R. 3.
- BUFFALO, N. Y.**—James Russell, 129 College street.
- CHICAGO, ILL.**—M. Jesenius-Petersen, Room 5, 4000 Cottage Grove Ave.
- CHICAGO, ILL.**—Liberal Book Concern, 89 Washington street.
- CHICAGO, ILL.**—The Progressive Thinker, 40 Loomis street.
- CHRISTCHURCH, New Zealand**—Ida M. Bruges, Fendalton.
- DENVER, Col.**—Denver Dry Goods Company.
- DENVER, Col.**—J. Howard Cashmere, 1700 Welton street.
- DENVER, Col.**—Dr. Alexander J. McI. Tyndall, Albany Hotel.
- IOLA, Kan.**—H. Spencer, 5 N. Jefferson street.
- KINGSTON, JAMAICA, B. W. I.**—Hale's Popular Variety, 51 Luke Lane.
- KANSAS CITY, Mo.**—Mrs. Emily Solomon, 411-412 Hall Bldg.
- LONDON, England**—Higher Thought Center, 10 Cheniston Gardens, W.
- LONDON, England**—L. N. Fowler & Co., 7 Imperial Arcade, Ludgate Circus, E. C.
- LONDON, England**—New Thought Pub. Co., Ltd., T. W. Henry, Mgr., Temple Chambers, Temple ave., E. C.
- LOS ANGELES, CAL.**—Dawson's Bookshop, 713 South Broadway.
- LOS ANGELES, Cal.**—Metaphysical Library, 611 Grant Bldg., 355 So. Broadway.
- LOS ANGELES, Cal.**—The Ramona Book Store, 516 South Broadway.
- MELBOURNE, Australia**—Miss E. R. Hinge, 115 Collins street, Austral Bldg.
- PORTLAND, Ore.**—W. E. Jones, 291 Alder street.
- SPOKANE, Wash.**—Lew N. Benson, 114 South Post street.
- ST. LOUIS, Mo.**—H. H. Schroeder, 3537 Crittenden street. German publications a specialty.
- ST. PAUL, Minn.**—The Progressive Book Co., Drawer 653.
- SAN DIEGO, Cal.**—Loring & Co., 762-766 Fifth street.
- SAN FRANCISCO, Cal.**—M. L. Creighton, 3491 19th street.
- SAN FRANCISCO, Cal.**—Olivia Kingsland, cor. Haight and Devisadero.
- SEATTLE, Wash.**—Thomas A. Barnes & Co., 1325 Third ave.
- SEATTLE, Wash.**—W. H. Wilson & Co., 903 Pike street.
- SPRING VALLEY, Minn.**—Mrs. Rose Howe, Box 165.
- SYDNEY, AUSTRALIA.**—Progressive Thought Library Co., 5 Moore street.
- TOLEDO, Ohio**—Mrs. Anna L. Stoeckly, 622 Navarre avenue E.
- TORONTO, Can.**—W. H. Evans, 357½ Yonge street.
- WILLIMANSETT, MASS.**—Mrs. S. A. Emerson, 30 Emerson street.
- WINNIPEG, Man., Can.**—Prof. R. M. Mobius, 494½ Main St., Suite 1.
- THE AMERICAN NEWS COMPANY**, through its various branches, supplies *The Nautilus* on a returnable basis to all newsdealers who request it. If your newsdealer hasn't it on sale please suggest that he request his branch to supply him.

LIST OF BOOKS

BY ELIZABETH TOWNE.

PRACTICAL METHODS FOR SELF-DEVELOPMENT, SPIRITUAL, MENTAL, PHYSICAL.
160 pages on antique paper, new half-tone of the author; well bound in cloth; price \$1.00.

THE LIFE POWER AND HOW TO USE IT.
176 pages, well bound in vellum cloth, with autograph picture of author. Latest book by Elizabeth Towne. Price \$1.00.

JOY PHILOSOPHY.
75 large pages, bound in purple silk cloth stamped in gold; price \$1.00. "Every line sparkles with life and original thought."

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15 chapters, green and gold, flexible cover, half-tone of the author; price 50 cents. "Full of thought starters."—"In many respects the most remarkable book I ever read."

HOW TO GROW SUCCESS.

71 pages, strong paper cover, picture of author; price 50 cents. "A well of information and help."

EXPERIENCES IN SELF-HEALING.

A Spiritual autobiography and guide to realization, intensely alive and helpful; new and best portrait of the author; price 50 cents. "A book of strong common sense, lighting up what to many is a path of fear and mystery." "Has done me more good than anything else."

HAPPINESS AND MARRIAGE.

Treats of the everyday problems of married life and tells how to solve them successfully. 80 pages, heavy paper covers, picture of author; price 50 cents.

JUST HOW TO WAKE THE SOLAR PLEXUS.

Paper bound; price 25 cents. German translation by Bondeger, price 25 cents. "It contains a FORTUNE in value." "Breathing exercises of great value." "Not only the key, but explicit method."

JUST HOW TO CONCENTRATE.

Paper; price 25 cents. "A bugle call to those who sleep." "A power and an inspiration." "So helpful."

HOW TO TRAIN CHILDREN AND PARENTS.

Paper; price 25 cents. "It is great! Every father and mother should have it."

JUST HOW TO COOK MEALS WITHOUT MEAT.

Paper; price 25 cents.

PROSPERITY THROUGH THOUGHT FORCE, by Bruce McClelland.

Cloth bound, half-tone of author, 160 pages; price \$1.00.

THE STORY OF A LITERARY CAREER, By Ella Wheeler Wilcox.

This book contains a foreword by Elizabeth Towne, who publishes it; and a supplementary chapter by Ella Giles Ruddy. Beautifully printed and bound in heavy paper, with illustrations. Price 50 cents.

NEW THOUGHT PASTELS.

A volume of the latest and some of the best of Ella Wheeler Wilcox's beautiful poems. Paper, 50 cents; silk cloth bound, price 90 cents, postpaid.

THROUGH SILENCE TO REALIZATION.

This is the latest book by Floyd B. Wilson, author of "Paths to Power," etc. Handsomely bound, green and gold, 200 pages, price \$1.00.

THE EVERY DAY BOOK.

Compiled and portions of it written by Suzanne Wardlaw.

A "birthday book" "year book" and "every day" book combined. Gives zodiacal sign, precious stones, colors, flowers, musical composers, and special sentiment for every month, with appropriate quotation for each day of the year. A little beauty, heavy finished paper, rich red silk cloth stamped in white leaf, 130 pages, and blank pages for further sentiments. Size 4½x8 inches. Price \$1.10 postpaid.

Any of these books sent postpaid on receipt of price. Order of

ELIZABETH TOWNE, Holyoke, Mass.

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Nautilus News.

WE ARE GOING ON TEN! *The Nautilus* is now "nine years old going on ten." That means we have sent out 108 issues of this magazine, and this is the 109th.

There were 2,800 copies of the first issue, and close to 28,000 of this one. So we have sent out into the world in this nine years something like 2,250,000 magazines!

At the average rate of five readers to each copy, we are now reaching about 150,000 people every month! Pretty decent sized congregation, don't you think? I wouldn't wonder if our magazine averages six or seven or more readers to the copy, instead of five, judging from the letters I get from subscribers whose copies are read by whole families and even whole neighborhoods!

I wonder what our showing will be in another nine years. And I wish I could show every one of you a copy of the first issue of *Nautilus* to compare with this one! *Maybe* I will on our tenth anniversary, next November.

Friends, have you any suggestions to make for the further growing of our magazine? 150,000 heads are better than one, if one is an editor's, and the "voice of the people is the voice of God." Let me hear it.

And I thank you most cordially for your generous good will in the past, and for your suggestions, and for your subscriptions and your friends' subscriptions!

And here's to the same for this coming year, and *more of it!* And to a brighter, better *Nautilus*, if not a bigger one!

Yours for the Joy of It,

ELIZABETH TOWNE.

GOOD THINGS FOR CHRISTMAS. We have some specially fine things for our December number, by way of Christmas joys to our readers. Among

them will be:

"What I Know About the New Thought," by Ella Wheeler Wilcox. This article was written especially for *The Nautilus*, in answer to inquiries by some of our readers.

"God's Food," by Eleanor Kirk, an original view of the breath of life.

"The Road to the Kingdom of Heaven," a right-here-and-just-how exposition by W. R. C. Latson, M. D.

"This New Thought Movement," by Edgar L. Larkin, with some figures that may make you dizzy!

"The Man With the Hoe," a hint to artists and those who hate drudgery, by Katherine Quinn, with some interesting facts about our Edwin Markham.

"The Habit of Happiness," full of the right panacea for those who aren't as happy as they would like, by Adelaide Keen.

"Miss Sally's Affinity," by Louise Liddell, a charming Christmas story about two old maids and the new thought. Perhaps you have read some of Louise's cute stories of this sort, in *Everybody's*. This one is our special Christmas.

(Continued on Page 2.)

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Practical Mind Reading

A COURSE OF EIGHT COMPLETE LESSONS ON
THOUGHT TRANSFERENCE, TELEPATHY,
MENTAL CURRENTS, MENTAL RAP-
PORT, ETC. PRICE ONLY 25 CTS.

This book is full of practical, condensed instruction about every phase of **Mind Reading, Telepathy, etc.** The exercises and directions are so plain and simple that they can be understood and demonstrated by any person of ordinary intelligence.

Here you will find **complete** instruction in **all the latest points** about **Mind Reading**. It tells how **Thought Transference** is practiced in the scientific laboratory as well as by public performance. It tells you how to perform feats that will mystify an audience and arouse the deepest interest and enthusiasm, or you can conduct **Telepathic** experiments with your friends right in your own home.

Here are the titles of the Lessons and a few of the subjects treated: **The Nature of Mind Reading**—A Vast, Mysterious Subject—Power of Etheric Vibrations—Mental Wireless Telegraphy—The Mysteries of Science—Action of Mind Upon Mind—The Mental Battery.

The Proofs of Mind Reading—The Psychic Post Office—Wonderful Results—A Convincing Experiment.

Contact Mind Reading—The Two Classes of Mind Reading—The Simplest Form—Nerve Current Theory—The Truth About Public Performances.

Development Exercises—How to Begin—Rapport Conditions—Rhythmic Breathing—Details of Finding Objects.

Difficult Demonstrations—Discovering the Card—The Mapped Out Trip—The Lady's Age Demonstration—The Bank Note Test, etc., etc.

Sensational Feats—The Driving Feat—The Combination Lock Feat—The Post Office Feat, etc., etc.

Higher Phenomena—The Occult Theory—The Pineal Gland—Demonstrations Without a Transmitter.

This book is worth a dollar, but you can get it now for **only 25 cents**. Address:—

WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

NOTE—There will be other books issued soon as companions to "**Practical Mind Reading**." Be sure to watch for notices of them and order of William E. Towne.

Have You A Wish

Or cherished ambition which lies very near your heart? It is within your power to gratify it.

Are you living the life of harmony and happiness, or of discord and misery? Are you able under all circumstances to maintain the mood of happiness, which is also the mood of success? The Life Science books will tell you how. These books aim to teach the all-important "know how." On receipt of 25 cents (to cover cost of mailing) in stamps or coin, I will send prepaid to any address the first six Life Science books, the regular price of which is 25 cents each. This is done to introduce a most remarkable series of 52 books and is a test of our implicit confidence in them.

You will be surprised by the good results as you use the methods given in these remarkable books which will help you to multiply your powers, earnings, opportunities, and capabilities for enjoyment and usefulness. Address:

HILDING D. EMBERG,

Box 128,

Niagara Falls, N. Y.

A CHRISTMAS SUGGESTION! Fashion's latest decree is the **WALLACHIAN COAT SET**. Embroider one for your friend. Handsome collar and cuffs stamped on art linen only 20c. A beautiful centerpiece for 10c. Write for circular. **C. A. THERRIEN, Hudson, Mass.**

PRACTICAL METHODS FOR SELF-DEVELOPMENT.

SPIRITUAL-MENTAL-PHYSICAL.

By ELIZABETH TOWNE.

The book is the result of the author's own practical experiences in spiritual, mental and physical self-development. She has read widely and experimented much along this line, and in her book she gives the **exact methods** which she has found best, and tells how to apply them. It gives the cream of what you would ordinarily read many books to obtain.

But this is by no means a book of rules. It is full of inspiration and power and the sort of enthusiasm that inspires you to **go in and win.**

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When Sins Come A-Visiting—Man and Environment—How to Improve Both.

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"PRACTICAL METHODS" contains 160 pages printed from good clean type on antique laid paper, bound in olive green art vellum cloth, with new picture of author as frontispiece. **Price, \$1.00 postpaid.** Address

ELIZABETH TOWNE, Holyoke, Mass.

mas present to you, and may you all enjoy it as much as we did.

A beautiful little poem, "Be Still and Know," by Grace MacGowan Cooke.

Besides these will be our serial articles of course. And a letter from one of our subscribers with a very helpful idea for everybody's Christmas. And some special poems and short items and things. There are also some other things I *hope* to get in, but I won't mention the names lest I find the articles crowded out.

And there will be an article by Elizabeth about our trip to Jamestown.

OUR NEW DEPARTMENT. What do you think of our new department, "Little Visits"? Come and see us!

For a long time I have been trying to squeeze in this new department, to hold interesting bits from the thousand and one bright letters on all sorts of subjects, that are reaching me every day. It seems wasteful and wicked to bury in the files the bright things that ought to be helping or amusing others as well as myself! So here we are at last, with a corner for everybody. Not big enough for everybody at once—oh, no! I could fill all of *Nautilus* with clippings from bright letters received in the last two weeks! The Recording Angel will have to leave out a great deal more than she puts into "Little Visits," and even then she won't have space enough. But she will do her best to give us all our say, and I believe we shall all enjoy it and get and give lots of new ideas. Don't you?

SPECIALS Yes, you may have one or two **FOR YOU.** *free* copies of Mrs. Kingsley's "Meditation for an Absent Friend" with each subscription to our magazine (or with book orders of \$1.00 or more)—as long as the copies last! And if you remember to ask for them when you send the order!

These "Meditations" are neatly printed on heavy coated paper, about the size of a *Nautilus* page, with border and half-tone portrait of the author. Just right to mount or frame, for a gift to your friend, or to hang in your own room. If you want copies for distribution you may have them at fifty cents for twelve. Tuck some of these in with your Christmas gifts.

DON'TS Don't, please don't overlook our prospectus for Vol. X of *Nautilus* on page 6 of this number. Read it in full and show it to your friends. There are some special announcements for Vol. X that we are pretty proud of! We want our readers to be proud of *Nautilus*, too, and prouder still of each new number! There are other things hatching that I'll tell you of later.

And please don't miss our special offer of bound volumes of *Nautilus*, on page 48. You can get them free, if you will.

And there is our list of clubbing offers on the inside back cover—with a special new combination or two. If you don't find there the combination you want just write us what magazines you want and we will quote you a special

(Continued on First Column, Page 7.)

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A WORLD

Found Wages Helped

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Here is another testimonial that commands attention. It is written by Paul F. Case, 145 Alexander street, Rochester, N. Y., a man of wide experience and broad culture. Here is the letter from him:—

"Your third lesson, in more ways than you have time to hear of, has been of incalculable benefit to me. Especially has the practice in radiating good-will, more particular in sending it to those who had been out of harmony with me, acted as a wonderful lubricant to the wheels of life. Having spent several years in India, I am an earnest student of the Vedanta school of philosophy, and KNOW that the practice of Raja Yoga will do all, and more than is claimed for it. BUT YOUR LESSONS ARE THE BEST philosophy of earthly life that it has been my good fortune to become acquainted with. I cannot too strongly recommend them, for in upwards of twelve years' investigation of psychic subjects, covering the theories of the leading Oriental and Occidental schools of thought, nothing more practical than these same lessons has come to my notice. They strike the happy medium between the exaggerated asceticism of the Eastern schools, and the more pernicious strenuousness of our Western mode of living."—PAUL F. CASE.

That letter was written sometime ago, and another letter came from Mr. Case on June 17, in which he says this:

"You will be glad to know that since using the Lessons an opportunity has come to me for escape from the uncertainties of the theatrical profession. I shall soon be in Chicago, engaged in a work to which I have long felt an urgent call, and to which I have given years of earnest study and preparation."

Would YOU like to have better health, more courage and greater success? Then get these Lessons and the books that go with them and practice faithfully. The necessary books are "Solar Plexus," "How to Concentrate," "Success Book" and "Practical Methods." Price for all the books (not including Lessons), \$2.00, and you can buy them one at a time if you wish. And you can get the "LESSONS" as a premium on a \$3.00 order. Note terms as follows:

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A WORLD OF GOOD!

Found His Work Wages Raised Helped His Wife

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Would YOU like to have better health, more courage and greater success? Then get these Lessons and the books that go with them and practice faithfully. The necessary books are "Solar Plexus," "How to Concentrate," "Success Book" and "Practical Methods." Price for all the books (not including Lessons), \$2.00, and you can buy them one at a time if you wish. And you can get the "LESSONS" as a premium on a \$3.00 order. Note terms as follows:

FOR \$1.00 YOU CAN GET THE LESSONS AND THE TWO BOOKLETS, "Solar Plexus," and "How to Concentrate," that go with them. (Any other of Eliza-

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Ask for "The Peculiar and Wonderful Experience of a Chicago Man," who studied these lessons and won great success. I will also include complete catalogue of all my books.

Our Special Conquest of Poverty Offer

Any of my publications to the value of \$3.00. (This includes <i>The Nautilus</i> , if you wish it, and any of the books in list printed on inside front cover of this magazine.)	\$3.00
Four Lessons on the Realization of Health and Success	.50
Copy of "Conquest of Poverty," by HELEN WILMANS	.50
A <i>Nautilus</i> Madonna half-tone.	
A half-tone portrait of our beautiful little "Margareta," of Central America, who is growing up on the new thought and no meat plan.	
An illuminated "Beautiful Results" motto card; price for last three, say	.30
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All the above \$4.30 value and more for only \$3.00 if you order now

What do I recommend you to order on this \$3.00 offer? Order the following:

Solar Plexus	\$.25
How to Concentrate	.25
How to Grow Success	.50
Practical Methods for Self-Development	1.00
Year's Subscription to <i>Nautilus</i>	1.00
Conquest of Poverty	.50
Madonna, Margareta and Motto	.30
The Four Lessons	.50
	\$4.30

All the above \$4.30 worth for \$3.00

If you happen to have one or more of the first five items on the above list you may substitute therefor any other of the books to the same value mentioned in the list given on the inside of front cover of this magazine. Books not in that list cannot be included on this offer.

This offer good until Nov. 30, 1907

If you want to get results from new thought this is your chance to buy at bargain prices the books and Lessons that I consider the most practical, and complete, and easily applied instruction to be had in the whole world. And I am not alone in this opinion. If you buy these books and Lessons, and do your part, you can't fail to develop your high self, find inward satisfaction and re-create yourself and environment.

Yours for results,

ELIZABETH TOWNE.

When replying to advertisements please mention THE NAUTILUS.

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Through My System of **SCIENTIFIC EATING**

After Thirty Years of Useless
Doctoring

Read What He Says:

MR. EUGENE CHRISTIAN,
7 East 41st St., New York City.

My Dear Mr. Christian:—

I owe you a bet that must be paid. I feel it my duty to write you in regard to the remarkable cure of hay fever, or, what the learned doctors call "anemia" or "auto-intoxication," and which they named but could not cure. I had been a sufferer for over thirty years, and had gone the rounds of the doctors and remedies, and now at this time, six months after beginning your instructions, I am cured. I am full of energy, vitality and life, and my weight has increased 20 pounds. I cannot express how grateful to you I am for the patience and skill you have shown in my case. It is a mystery to my friends to think all this has been done by the simple means of combining scientifically my foods.

Most sincerely yours,
SAM COIT, Leading Man the Lulu Glaser Co.
Players' Club, New York.

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I can cure you provided your trouble comes from defective indigestion, assimilation, excretion, or faulty metabolism. The highest authorities in the world now admit that over 90% of all diseases come from these causes which in plain words mean **ERRORS IN EATING**.

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In one month I can convince you that your ill health has been due to **ERRORS IN EATING**, because my methods will have relieved most of your ailments in that time.

In three months I can positively cure you.

Write at once for my new booklet, "**HOW FOODS CURE.**" It is sent free.

GET MY SPECIAL NOVEMBER OFFER. I am offering remarkable inducements to those enrolling during November for my treatment, for reasons which my letter will explain. Don't be a grumbling, repellant invalid. Learn to eat for success, happiness, and a full and healthful life. Write at once to

EUGENE CHRISTIAN, Food Scientist

Room 56, 7 E. 41st St.

New York City

THE NAUTILUS.

Vol. X.

NOVEMBER, 1907.

No. 1.

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THE NAUTILUS.

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WILLIAM E. TOWNE }

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Rose Woodallen Chapman
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J. C. F. Grumbine

These Are
NAUTILUS
Contributors
for 1906-7.
Others
Coming!

THE NAUTILUS, monthly, \$1.00 a year; Canadian postage, 25 cents extra; foreign countries, 5 shillings, 8 pence, by international money order. Foreign money, stamps or postal notes not acceptable. THE NAUTILUS is owned and published by Elizabeth Towne, Holyoke, Mass., to whom should be sent all subscriptions and all correspondence regarding the magazine.

If special receipt is desired for subscription sums less than \$1.00, send self-addressed and stamped envelope or card.

You will save me, and perhaps yourself, a lot of trouble if you will state whether your subscription is new or a renewal.

We send you a notification when your subscription expires, but we do not discontinue your subscription until specifically notified to do so. Unless we are thus specially notified it is assumed that you wish the magazine continued.

Give full name and fullest address in every letter.

Send prompt notification of change of address, giving both old and new addresses. This is most important, for names cannot be found on list unless town and state are given.

I assume no responsibility for copies of NAUTILUS lost through failure to notify me promptly when address is to be changed.

All articles and items appearing in NAUTILUS which are not otherwise signed or quoted, are written by the editor.

All articles, poems and items in this magazine are written especially for THE NAUTILUS, unless otherwise indicated; and are protected by copyright. Other publications are welcome to quote from our columns provided credit is given THE NAUTILUS.

The Nautilus for 1907-8.

A FORETASTE.

Among the writers for Vol. X of *The Nautilus* are the following:

ELLA WHEELER WILCOX

Six contributions from this gifted woman will appear in Vol. X, the first of which (in December number) is "What I Know About New Thought," written in reply to the queries of our readers. "Forward" is the name of the second, a beautiful new poem. All the six are written specially for this magazine and can be found nowhere else.

EDWIN MARKHAM

Whose poems in Vol. IX have been so greatly admired, will continue to write for us during 1907-8.

FLORENCE MORSE KINGSLEY

Writes a practical "Meditation" for each number. Send four cents in stamps for her "How to Use the New Thought" and read how the "Meditations" came to be written. Republished from *Nautilus* for June, 1907.

PROF. EDGAR L. LARKIN

Supplies us with twelve splendid, scientific articles of wide scope and great interest.

GRACE MacGOWAN COOKE

Writes for Vol. X. Among her articles already waiting are "The Truth and Freedom," in two parts; "The Spiritual Side of Fletcherism," and a lovely little poem, "Be Still and Know."

WALLACE D. WATTLES

Whose "New Physiology" attracted such wide attention, contributes a series of great originality and power, "Mind: What It Is and How to Use It."

ELEANOR KIRK

Writes on "God's Food," "Obstructive Words," "All These Things," "You Needn't Stay In It," and other subjects, treating them in that bright, homey, helpful vein for which her readers love her.

W. R. C. LATSON, M. D.

Contributes an interesting and helpful series on the "Just Hows and Just Whys" of New Thought. These articles from so eminent a medical specialist are doubly interesting and forceful.

KARL VON WIEGAND

Contributes "The Art of Crystal Gazing," in two parts, and other articles.

BOLTON HALL

Sends us several of his inimitable new thought parables and stories from life. "The Apotheosis of Bauermeister" and "The Joy of Living" are the first.

J. C. F. GRUMBINE

Fellow of the Society of Science, Literature and Arts, London, eminent authority on matters psychic, contributes a concise and practical series of six chapters on "Clairvoyance and Auras."

KATHERINE QUINN

Is a new writer who uses her eyes to good advantage and wields a trenchant pen, to point new thought morals in a way that you don't forget. We have five very bright, short articles from her, and more to follow.

ADELAIDE KEEN

Is odd. She sees things that escape most eyes, and says things nobody else ever thought of. As she has traveled much, experienced everything but marriage, learned to do all sorts of things well, including writing, and views all by the light of new thought, you are interested in all she says even if you don't agree with her. We have three quaint, short articles from her and more growing.

HENRY WOOD

Contributes thoughtful articles on "Psychological Law in Economics," and "The Practicality of Mysticism."

FLOYD B. WILSON

Whose time for a year has been devoted to a book, promises us several new views of things for 'our Vol. X.

STINSON JARVIS

Author of that remarkable book, "Ascent of Life," contributes a two-part article, "Merger of Spirit."

MARY ROBBINS MEAD

Has written for us a bit of personal history of great interest and usefulness, under the title, "The Way of Attainment."

PAUL TYNER

Contributes "The Way It Works," which will clear the fogs for many an inquirer.

FRANCES H. LYON

Sends us an original and striking short article on "Life Vibration and Foods."

ELLEN PRICE

Will complete here remarkable series of "Lessons in Practical Telepathy," which may be followed by other things from her pen.

ELLA ADELIA FLETCHER

Will complete her great series of articles on "The Law of the Rhythmic Breath," which have been attracting world-wide attention. Back numbers of these articles and Ellen Price's can be supplied at regular rates.

In addition to the above list of contributors we have short articles by

17 Other Writers,

Selected from about 800 manuscripts submitted to us in the last twelve months or so.

And out of about a thousand poems submitted for consideration in the last year I have selected the

50 Best Poems,

which will appear in Vol. X of *The Nautilus*—if there is room!—in addition to those from our great poets, Edwin Markham and Ella Wheeler Wilcox.

The Editors

have many things already written for the 1908 *Nautilus*, and more in preparation.

WILLIAM E. TOWNE will contribute articles on practical new thought, short biographical sketches of new thought people everybody wants to know about, briefs on all sorts of topics, with Netop Notes in season, and once in a while a travel article.

ELIZABETH TOWNE'S editorials for Vol. X will cover a wide range of topics, suggested by her own and her readers' daily experiences in the application of new thought; by all sorts of significant happenings in the world at large; by the latest scientific research and discovery; by her observations of new places and people visited; and through the books and best periodicals current, of which she reads an incredible number. In addition there will be special articles from her, with once in a while a travel article.

Our Departments

In *The Nautilus* are an important feature.

The *Family Counsel Department* is free to all readers who wish to consult Elizabeth Towne on personal or other matters. No names are published, and replies are so worded that all readers may profit, and yet no one can identify the person who asked the question.

Things That Make for Success is a department of letters on success. A free forum for *Nautilus* readers. Each month several letters are printed, and to the writer of the best one is awarded a prize of two yearly subscriptions to the magazine. The award is made by vote of

(Continued on Second Column, Page 7.)

When replying to advertisements please mention THE NAUTILUS.

Are You Too Thin?

For only 15 minutes a day's practice in your own room upon special exercises that I will give you, you can be round, plump, wholesome, rested and attractive. Nature intended you to be—why should you not?

The following are extracts from the weekly reports of my pupils:

"Just think, Miss Cocroft, I have gained 25 pounds."

"Before I took up your work, I could not eat anything without the greatest distress, and now I think I can digest tacks. I am so happy."

"Every exercise and movement has accomplished just what we wanted."

"My bust, neck and chest have filled out beautifully and I carry myself like another woman."

"You have done more for me than doctors have done in 20 years. My constipation is entirely relieved and my nerves are so rested."

I have built up thousands of women—why not you? You will be so much more attractive and so much better satisfied with yourself.

I will cheerfully tell you about my work, and if I cannot help your particular case I will tell you so. My information and advice are entirely free.

SUSANNA COCROFT

Dept. II 57 Washington St., Chicago
Author of "Character as Expressed in the Body," Etc.



the dozen or so girls who work in *The Nautilus* office. For the best success letter published in each six months of time a \$5.00 cash prize is awarded.

Circle of Whole-World Healing is a department for everybody by everybody, free to all. With directions for self-development and world-development, and key-thought for each month.

Mother's Counsel is edited by Rose Woodallen Chapman, daughter of Mary Wood Allen, M. D. Mrs. Chapman is a real genius in making clear the application of new thought in child training.

Little Visits is a cosy corner department where everybody drops in for a letter-chat and the Recording Angel clips what she can find room for.

The Way the Wind Blows is open for short items, original or quoted, showing how the new thought crops out in every line of human endeavor.

Nautilus News keeps our readers posted on the special features of our work, furnishes interesting items about our contributors, etc.

Other Features

Are constantly in preparation for our pages. Our motto is, "This is to be **THE BEST** number yet!" And in trying to live up to it we cudgel and coax our own brains and everybody else's to the limit, constantly bettering our magazine—as well as ourselves—according to the true Nautilus idea. "Each new number nobler than the last!"

And with each new number we gather momentum for greater things.

Come along and be one with us. Will you?

Catch our vibrations by subscribing!

Stay with us by reading *Nautilus* every month and helping us with your bright ideas.

Let us help you to the accomplishment of your heart's desire.

Our subscription price is \$1.00 a year. And if you will send us three subscriptions (with \$3.00 payment) for three of your friends who are new to our subscription list, we will give you your subscription absolutely free. Address:

ELIZABETH TOWNE, Holyoke, Mass.

Six Life Science Books

Entitled: 1. "All About Yourself," 2. "Power of Thought," 3. "Love is Power," 4. "Woman's Secret Powers," 5. "How to Rule Your Kingdom," 6. "Useful Practices." These retail for \$1.50, but to introduce the remarkable series will send on receipt of 25 cents. Millions already sold. Money refunded if unsatisfactory. Send orders to M. M. BETTS, Box 684, Spokane, Washington.

price. Of course we can furnish you any good magazine published.

And if you are interested in advertising read our announcement headed, "Make Money," on one of the last advertising pages.

"I am a perfectly reckless Sabbath breaker. I play the piano, I do all manner of things. The reason that I break Sunday is that I always break Monday. I always like to have a little religion on every day of my life. I may not sanctify Sunday by keeping it holy in the ordinary way that the man in the financial district does, but in the ordinary way I don't secularize the other days. I find I get on better when I get my religion spread over the week. When you get hold of the really religious essence of religious life, religious life is a happy life."

—Bernard Shaw.

When replying to advertisements please mention THE NAUTILUS.

I Can Reduce Your Flesh

Would you like to reduce it by natural means and in a dignified manner?

I have reduced 7,000 women in the past 3 years by a series of simple exercises practiced in the privacy of their own rooms and by use of merely a rational diet which will not weaken.

I can reduce you and at the same time strengthen the stomach, heart and relieve you of such chronic ailments as rheumatism, constipation, weak nerves and such difficulties as depend upon good circulation, strong nerves, strong muscles, good blood, correct breathing.

You can be as good a figure as any woman of your acquaintance—no drugs, no medicine.

"I have reduced 81 pounds under your instruction. There is not a wrinkle in my face and my husband says I look like the girl he married. You can imagine how happy I am."

"You have simply saved my life, Miss Cocroft. I was a nervous wreck when I began my work with you."

"I have reduced 65 pounds in five lessons. I have only 10 more pounds to reduce to reach your goal."

Send 10 cents for instructive booklet; with card for your dressing table, showing correct lines of a woman's figure in poise.



MISS COCROFT AT HER DESK

SUSANNA COCROFT

Dept. 63 57 Washington St., Chicago

NOTE—As President of the Physical Culture Extension Work in America, Miss Cocroft needs no further introduction.

A VERY FEW OF THE WRITERS WHOSE ARTICLES
APPEAR MONTHLY IN

"New Thought"

The brightest, cheeriest, cleanest, little monthly magazine in the United States—an *Organ of Optimism*

—EDITED BY—

Louise Radford Wells **Franklin L. Berry**

80 pages and cover, standard magazine size,
illustrated with half-tones of the writers



Ella Wheeler Wilcox



William Walker Atkinson

Some of the subjects appearing in articles in *New Thought* are:

How to Build your Own Brain so that you may manifest any desired quality—Scientific Character Building, (a series running through the year); **Simple Steps for Beginners** in *New Thought* (a series of articles); *New Thought in the Home*; The Choice of A Vocation; A Message to the Sick; How Can I Make New Friends; Physical Exercise in the Place of Medicine; The Study of *New Thought Books* (article monthly); Growing Mushrooms at Home; Mental Dyspepsia—its Cause and Cure; How to be Successful; Going into the Silence; How to Concentrate the Mind and Improve the Memory; *New Thought as a Healing Power*; The Mystery of Mediumship; Mental Imagery in Self-Healing; Emanuel Swedenborg, the Seer; The Superstition of Heredity; Letting Nature Heal; Occultism



R. F. Outcault

Some of Our Large Staff of Other Regular Contributors are:

Horatio Dresser, Henry Harrison Brown, Henry Frank, Walter DeVoe, Ellen Burns Sherman, Leon Elbert Landone, Olive Verne Rich, Marchese Florence Allimaccarani, etc., etc.

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1298 Farwell Ave., Chicago, U. S. A.



Felicia Blake

vs. Psychism; The Art of Life; **Through College on Fifty Cents a Week**; The Passing of the Scarlet Letter; Four Steps in Self-Healing; How to take up a "Homestead".

In **Kettledom** is a department devoted to making *New Thought* housewives familiar with the short cuts of modern housekeeping, that they may have time for higher things; while the object of the monthly department, **Body-Building**, is to offer suggestions on food values, properly balanced diet, the simplest foods of the most nourishment, etc.

You will find our monthly **Attainment Class** inspiring, and will enjoy our **Current Topics Club** and our **"Ways to Earn Money page."**

Each issue of the magazine contains from 20 to 25 different articles and departments. We grant 3 yearly subscriptions for \$1.00 provided two are new subscribers. This does not mean 3 years' subscription for one person for \$1.00. This offer is made to recompense an old or new reader for securing us two other readers.



Uriel Buchanan

The October *NEW THOUGHT* is our special "PROBLEM NUMBER," having in addition to its regular list of fine articles by the best-known *New Thought* writers, special space devoted to the full consideration of problems and difficulties, spiritual, mental and financial, submitted by our readers for this purpose. Begin your subscription NOW, that you may not miss this fine PROBLEM NUMBER, nor our big Thanksgiving issue, nor the extra-special Christmas number. *NEW THOUGHT* makes the best kind of a Christmas gift—better investigate in time.

FREE TO EVERY NEW SUBSCRIBER during October

An Exquisite Love Song

Words by ELLA WHEELER WILCOX

Music by MINNIE LOUISE GRAHAM

There could be no more charming words than those of Ella Wheeler Wilcox's lyric "LOVE'S FANTASY," nor any musical setting so captivating as that of Minnie Louise Graham. Here is one verse only:

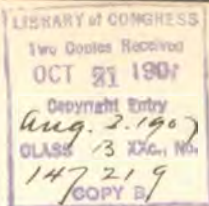
"If I were a raindrop and you were a leaf,
I'd burst from the cloud above you

And lie on your breast in a rapture of rest,
And love you—love you—love you!"

We have purchased the entire edition. Send us Fifty Cents for one new yearly subscription now and receive the Wilcox love song as a receipt, or for 10 CENTS we will enter a TRIAL SUBSCRIPTION OF 4 MONTHS (of course without the love song).

THE NEW THOUGHT PUB. CO., 1297 Farwell Ave., Chicago, U. S. A.

When replying to advertisements please mention THE NAUTILUS.



"Build thee more stately mansions, oh, my soul!
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple, nobler than the last,
Shut thee from heaven with a dome more vast,
'Till thou at length art free,
Leaving thine outgrown shell by life's unresting sea."
—Holmes' "The Chambered Nautilus."

THE NAUTILUS.

Self-Help Through Self-Knowledge.

MONTHLY,
One Dollar a Year.

NOVEMBER, 1907.

VOL. X.
No. 1.

Editorials.

By Elizabeth.

TIME FLIES. Isn't it funny how time does fly these days? Sometimes I think that it will keep on flying faster and faster until it is swallowed up in eternity!

Do you remember the little tin disks we used to whirl on a double cord when we were children? Little piece of jagged tin with a cord running through two holes near the center, and the tin would whirl so fast that it looked like a cloudy little circle and you couldn't see the tin at all, or could almost see right through it. That reminds me of the way time goes, faster and faster, until by and by it won't look like time, but like eternity.

Anyway it seems incredible to me the way time flies these days. And years ago it used to crawl. I think that a year used to seem very much longer to everybody, young or old, a hundred years ago. And I can't imagine how Methuselah ever dragged through 969 years of the slow-going existence he must have endured. Can you?

Well, may time fly still faster, and look still more beautiful this month.

My good will is with you all for the realization of everything you desire, and in all for the Joy of Living

You are Health.

You are Vigor.

You are Courage.

You are Freedom.

You are Power.

You are Wisdom.

Be still and know.

POSTAL

PROGRESS.

The Postal Progress League at New York has empowered its president, C. M. Beach, to appoint a committee to present to the next Congress and the general public the advisability of these postal reforms: A general two-cent, four-ounce letter post; a local one-cent, four-ounce letter post within city delivery limits; a local rural post; all mail matter, weight limit one pound; a two-cent foreign letter rate; a fractional postal currency, and postal insurance. Among the officers of the league are Josiah Quincy of Boston and Elisha Dyer of Providence.—*Springfield Republican*.

I thought that must be true because I saw it in *The Republican* which can't be bought and is proud of it. The item roused my ire—as much as it dares to rise. If that Postal Progress League had taken to advocating the one-pound limit for mail matter its *progress* was certainly backward instead of forward; must be a case of Platt planting one of his wabbly old legs in the P. P. L. pie. I was going to sit right down and write up the doings of that League, for *Nautilus* readers.

All that saved me was the spirit within, that spoke through my two No. 7 bumps of caution, saying, "Better write the League—*might* be some mistake even in the *S. R.*"

So I wrote to Frederick C. Beach, chairman of the League. Promptly came back a letter from him saying:

I am in receipt of your favor of the 24th inst., and beg to say that there must be some error in regard to the limitation of mail matter to one pound weight. The proposition submitted was for rural local delivery. There was no limit to the weight proposed, and a charge

Editorials.

By Elizabeth.

was to be made of one cent a pound for merchandise up to 250 pounds and a certain schedule was made for five pounds, another for twenty-five pounds and another for fifty pounds. The weight limit for parcels was to be increased from four pounds as it now is up to eleven pounds, which seems to be the standard limit adopted by foreign countries. It appears now we have the right to send eleven pound parcels from the United States to Mexico and some other countries.

That sounds more like it. If you want to know all the reforms this League is working for, and how you can help, write them at 361 Broadway, New York. Always send stamps for reply.

The League is doing splendid work that needs to be done. It "lobbies" for the people and publishes the peoples' wants, just as Platt and the other express company men have been lobbying (in secret) for a generation or two for what *they* want—and got.

Why haven't we already got parcels post, rural post, lower merchandise rates, fractional postal currency, etc.? As some public man remarked, "There are four great obstacles—the four big express companies." Exactly. The League is using against the express companies their own effective methods, *minus* the secrecy. Hitherto lobbying has been used against the people; now the people are waking up to use it against the corporations which have been robbing the people.

Good!

Let's work with the Postal Progress League, and the Success Magazine's Lobby, and all the other for-the-people workers. Good times are coming!

But don't let us forget that the corporations have done great things for us. I wouldn't wonder if they are really entitled to the several lions' shares they have been getting, for teaching us *how* to organize, and waking us to the necessity of doing it for the whole people.

Don't let us *hurt ourselves* by grudging Standard Oil and the Express Companies *et al* the money they have grabbed.

Let us learn our little lessons *and combine for the whole people's own benefit*. Let us "regulate" the corporations.

EVENTUALLY. Do you know where all this regulation, and the railroad and Standard Oil difficulties point? *To government ownership.*

The railroads probably won't be regulated. They will keep on crawling around things.

And they are already owned in reality by the people. How? They are financed with money borrowed directly from Uncle Sam through the National banks. Stockholders furnish the rest. If they get into financial troubles, or won't stand for regulation, Uncle Sam will have to foreclose and run his own railroads.

Uncle Sam is beginning to realize this. The railroads and Standard Oils and things are *really* owned by the people, just as my house is really owned by any man who has a mortgage on it. Uncle Sam means to have those roads and Standard Oils and things run for the whole people just as he meant to have slavery abolished for the whole people. If the Harrimans, Rockefellers, Rogers *et al.*, won't run 'em for the people they will lose them, that's all. Uncle Sam is a good humored old fellow but he is awake, and always gets there in the end.

This time he will regulate things, not by civil war but by foreclosure, unless the Rockefellers, Harrimans and Rogers catch on and go to work for Uncle Sam and his 70,000,000 boys and girls.

Editorials.

By Elizabeth.

THE CHANCE
OF A WORLD-
TIME.

Which reminds me that this is the opportunity of a world-time for Rockefeller and those other fellows to immortalize themselves. I've several times felt a premonition, prophecy or something that Rockefeller *will* eventually do something great for the world, in the way of nationalizing Standard Oil, either in effect or in fact, or both. I believe there is something in that man that Ida Tarbell never got at.

And H. H. Rogers is another who may yet surprise the world as a greater than philanthropists. He is big enough mentally. All depends upon the state of that inner sanctuary the Bible calls the "heart."

And as every man's holiest of holies is *God himself*, the One, I don't see what is to prevent Rockefeller and Rogers from finding their hearts expanding to hold not only one Rockefeller or one Rogers, but One God, One Good of *All* the People. Do you? They will surely come to it sometime, somewhere, as we all shall. Why not in *this* incarnation? I am hoping for it, and looking for it.

"VALE ET AVE." Charles C. Post died the last of last July. Of the circumstances attending his death we have not heard.

On August 31, Helen Wilmans Post wrote this pathetic little note to Margaret McIvor-Tyndall.

You know that I cling to the idea of conquering death right here in the flesh, but since Charley died, I have lost interest. And yet I don't think it was his death altogether that cost me my loss of interest in life. I was losing it before. What does it mean, Maggie dear? I am so tired, tired beyond description. Would it do me any good to visit Denver? I am not sick but I am tired of everything on earth. I would give anything just to lie down and go to sleep never to awake again.

I will stop. I am only hurting your gentle heart. Lovingly,

HELEN WILMANS POST.

And now comes the news that Helen Wilmans herself has passed out of the body. This is the first time *The Nautilus* has ever announced a death, but in this case there are *so many* people who will want to know.

That sad little letter of Helen's, probably the last she ever wrote, will bring tears to many eyes. *But it ought to take away the sting of her death.*

She was tired and *wanted* to go.

Her death is a demonstration of her teaching that we die because we haven't *will* enough to live. If she could have kept on *wanting* to live, she could have done it. We can't help feeling and regretting deeply, that a too-strenuous and back-number age took the want-to out of Mr. and Mrs. Post.

But their thought lives after them, to create social conditions that won't drain the want-to sap from generations coming. Helen Wilmans' work is only well begun, and her soul goes marching on.

Before going on to enjoy other spheres, I hope that the souls of Mr. and Mrs. Post can hang around the world a few days and see how many friends are blessing them and mourning them.

"HUMAN
NEGATIVES."

What do I think of William Walker Atkinson's "Don't be a Human Negative," in *New Thought* for September?

I think it is right in intention, in its warning, in nearly all its statements, and particularly in the rule it gives whereby to "try the spirits" that we may "hold fast that which is good."

Editorials.

By Elizabeth.

"Does it make me stronger?"—is a good yardstick with which to measure any sort of practice.

But when a writer classes "Going into the Silence," along with mediumship and other experiences on the psychic plane we are tempted to think he has never gone into the silence!

The psychic plane, the plane of clairvoyance and clairaudience, is very much in the noise. On this plane are "spirits," (whatever they may be) and these spirits think (?) all sorts of conflicting things, good, bad and indifferent, just as do spirits "in the body" on the physical plane.

The man who by clairvoyance or clairaudience gets onto the plane of disembodied spirits is not a whit better off than the one who consults his father, mother, brother or neighbors in the flesh. He gets some good advice, some bad, most of it merely indifferent, all of it conflicting. He rises from the physical cross-vibrations into the psychic cross-vibrations, that is all.

VIBRATIONS. Of course you know that you can't see nor hear nor smell, taste nor touch anything but vibrations. Vibrations are noise. But out at the surface of things, the physical, the vibrations are coarsest, most conflicting. On the inner or psychic layer of being the vibrations are a little finer, more penetrating, but just as unreliable, just as cross purpose-y, just as noisy. The difference between the two planes is exactly the difference between a low octave and a high octave, a matter of the rate of vibration.

There are probably a good many octaves of vibration in life, and we have been growing from one into a higher, right along from the beginning of time.

And the end is still not in sight. On each of these octaves of life we find spirits, all more or less akin to each other, each making his own little vibrations which harmonize yours in spots and antagonize in other spots; all growing in wisdom and in knowledge, but not one of them on any plane that I know of, wise enough *to mind his own business or to direct yours.*

And not one of them is wise enough or strong enough not to take advice, though some are wise enough and strong enough not to be wholly overcome by the conflicting advice (vibrations) of the spirits (in the flesh or out) he sees and hears.

IN THE SILENCE.

But "the Silence" is a very different plane. You never see nor hear things in the Silence. Not until you leave behind all noises, all spirits, all sights and sounds, material and psychic, *and all thoughts,* do you enter the Silence.

In the Silence is no sound save "the still, small voice" of God himself, who is *the still center of every being.*

To go into the Silence is to move consciousness from the noisy and whirling surface of life to the still center of the Absolute. To get there many people go through the psychic plane.

But more people who start out to reach the Silence get side tracked on the psychic plane and go no farther. The antics of "spirits" are so very absorbing that few can tear themselves away. The "spirits" say in effect, "There are planes beyond, but stay and let us teach you all about them." And most psychics stay.

All Yogi teachers as well as all Western adepts, all theosophical teachers, tell you to ignore the psychic plane and pass on to the Absolute.

Editorials.

By Elizabeth.

PERSONALLY. Personally, I had no trouble in doing this. Intuition told me the God I sought was not in the noise of any plane, so the "spirits" and visions that came were ignored. "Be still," hushed them.

My own thoughts were harder to get rid of. But "Peace, be still," repeated quietly, steadily, many times at a sitting, accomplished the purpose at last.

At last, after many, many trials, **THE SILENCE.** Utter stillness. Not even a thought to disturb it. Not even a "feeling" to break the stillness. Just a still consciousness of **SUBSTANCE**—of the *solid power at the center of myself, the underlying power which is God, which is THE LIFE of everything and everybody.*

AT FIRST. At first my consciousness couldn't stay in the Silence but a second or so at a time. Out it would come again into the noise of my thoughts, and of psychic experiences, and of physical sounds. Many times I couldn't get into the Silence at all.

But I kept on trying, for months and even years. After months of trying I could find the stillness every time I tried—and that was once or twice or three times every day. Sometimes I could find it very quickly, other times it took me half an hour or so. All depended upon the condition of mind when I began. If I was *interested* in something else, or if I sat where many noises disturbed, or was out of temper, it took a long time to get consciousness off the distractions and into the Silence. If I first spent fifteen minutes or so reading *and meditating* over some high thought in the Bible or other book I could leave that and slip easily and quickly into the Silence.

TRANSFORMATION. Just for a moment. I couldn't stay in the stillness long. But what a metamorphosis that moment made in me. All the noises, jars, conflicts, strifes of life had slipped away into utter insignificance. It was as if the Silence had turned the opera glasses the other way about! In that second or so of stillness my big troubles dwindled to a tinselled Punch and Judy show, of which *I held all the strings!* In that second of silence *I knew myself as one with all power, all wisdom, all love, and circumstances* showed in their true relations to me.

THE TEST. "*Did it make me stronger?*" Well, without it I'd have ended a dozen years ago in a suicide's grave or an insane asylum. I was a fool those days. My circumstances were no harder than lots of other people's, but I *took* them harder. Life was out of focus—I looked at my troubles through the microscope and broke my heart because they filled my universe. My world was upside down, inside out, telescoped, like a nightmare. All because my consciousness clung to *the rim* of life where I had to *hang on* with might and main or get flung off into the black hell of space.

Those little excursions into the Silence made me realize that substance and power are within me, *at the center; not on the rim of circumstances.*

At first I could realize the truth only a little while at a time; then I'd get lost again in the noises of conflicting vibrations. But by and by, after a year or two of practice my consciousness underwent some sort of transformation (or was it merely expansion?) whereby I was able to *stay in the Silence all the*

Editorials.

By Elizabeth.

time, and yet be out in the noise too. Instead of going out and in from Silence to noise and back again, I began—without conscious effort on my part—to live in the Silence, from whence I merely looked out upon the noise of life. I had for some time been thus living in the Silence and looking out, unmoved, upon the noise and struggle of life, before I realized what had happened to me. I knew that strife and struggle had passed out of my life, that everything looked different to me, that in all and over all was PEACE; but what had happened to me was too new to be explainable.

Now I know. And, oh, beloved, I would that you might know that same state of living in the stillness, in God, and looking out in peace, power, love, upon all the circumstances about you and others. In this "secret place of the Most High" life is beautiful, and worth living. Outside of it life is chaos, struggle—no wonder we are glad to die out of it.

And it is not hard to get into the Silence, the "secret place" of peace. Just these things point and pave the way:

Aspiration.

Inspiration.

Practice.

"Don't be a human negative?" That depends. Don't be negative to human influences on any plane. But THE SPIRIT is quite another matter. Be a negative to the Spirit of Life.

In the Silence receive Love, Wisdom, Power.

In the noise give Love, Wisdom, Power.

ONE OF
OUR
NEIGHBORS.

Across the street from our house lives a Baptist Preacher, John S. Lyon by name. He is a dark-haired, stout, prosperous, genial man, smooth faced, specta-

clad. The first time I saw him I took him for a nice friendly Catholic priest. Carolyn says quite seriously, "Oh, I just love to hear Mr. Lyon preach. He's so interesting and witty, and he gets just as excited, and hollers and hammers the pulpit. He's lovely!"

Mr. Lyon has been for a number of years pastor of the Second Baptist church, near here, the membership of which is now two less than 700. His church has a men's class of 115 for Bible study, and a Men's League of 200, which looks after the morals of the church and city and keeps a sharp eye on the state legislature to further right legislation and prevent the passing of any sort of laws not conducive to the highest good of the whole people.

The Westfield Association of Baptists met the other day, where twenty-nine Baptist churches are represented, including those of Springfield, Amherst, Holyoke and other towns about.

Of these twenty-nine Baptist churches Mr. Lyon's showed the largest increase in membership, attendance, Sunday school work, and general effectiveness. An inspiring, popular and progressive man is Mr. Lyon.

CHURCH
WELCOMES.

Did you see the account of Eddie Bok's investigation of the church welcomes dispensed in Boston and New York, published in *Ladies' Home Journal*? Mr. Bok's "rather shabbily dressed" religious Sherlock Holmes visited some dozens of big churches, all kinds and conditions, and nobody wept over the lost lamb returned. Wherefore Eddie thinks she wasn't a "stranger welcomed."

The Westfield Association of Baptists discussed that arraignment of church

Editorials.

By Elizabeth.

welcome, and the next day (September 22), the *Springfield Republican* came out with a long editorial about "Editor Bok and the Churches," quoting one of our neighbor Lyons' remarks about it at that Westfield Baptist conference. As "them's my sentiments tew," I quote this much from the *Republican*:

A hard ministerial hitter from Holyoke, in discussing the "unchurched" at the Westfield Baptist conference the other day, gripped the truth when he laid down a few plain facts. He was speaking of the class that is satisfied to be merely welcome: "If they chance to drop into a church they do not care to have a committee of six rush up after service, tell them that the committee rejoices to see the wayward children on the right road, and that the church is at their service and that there will be an ice-cream social next Wednesday night." The number of men who feel disgust over such tactics is formidable. But how are the churches to distinguish the one class from the other? The situation thus becomes a delicate one.

The truth is that very many churches go to the extreme limit of discretion in trying to make the strangers "feel at home." Sensitive to this parrot criticism of coldness, they organize their Christian skirmishers in brigades and turn them loose upon the wretched individuals who happen to drop in on a Sunday morning for a quiet hour. The forlorn creature is a marked man from the moment that he steps within the vestibule. He has to fight the usher in order to enjoy the repose of an inconspicuous seat. He is bombarded with service and hymn books. Before he can get out of the sacred edifice after the benediction he has been invited to join the Bible class, visit the Sunday school, attend the Tuesday evening meeting of the men's club, and been greeted as "brother" at least five times. That is what it often means to be "cordially welcomed." With some men, it wears on the nerves. They go no more.

The fifty churches in New York and Boston that failed to dance and grimace their welcomes around Mr. Bok's special commissioner are exactly the churches that some people prefer to attend, if they are seeking the spiritual repose of the divine service. Persons who enjoy a liquid warmth, an effervescent cordiality in the congregation, can easily find the churches they like if they look for them. The churches are doing their best to please all classes; and if no one church can satisfy every taste, it is because it is impossible to please all sorts and conditions of men. The public has grown very particular in recent times, very fastidious as to the way it is treated, and the churches really should command one's deepest sympathy in

their impossible effort to furnish every conceivable degree of temperature for a service or an occasion that primarily implies the worship of God rather than a club meeting or a social call.

A WORD FROM CALIFORNIA. Surely the germ of a great uplift is in the New Thought movement. After once getting in touch with it, one is surprised to find it flourishing in myriad shapes on every hand. Now it is seen rampant and revolutionary, rousing, of course, intense antagonism on one side, and on another drawing in many who are in their mental experiences, like the band of malcontents David gathered to his banner in the care of Adullam. Again one detects its "heresies" subtly stealing into the thought of the most orthodox and conservative, and influencing unbeknownst hosts of good people to whom its name—or names—is an unmitigated bugbear. The minister preaches it in church in his manner of interpreting the life of Jesus. The physician deals it out when he gives medicine only with reluctance and eagerly insists upon exercise, out-door life, and no worry.

Out here in California the very earthquake seems to prove its truth, for it is everywhere noticed that money flows as never before, and a vigor and a material prosperity entirely unexpected is flooding in on the heels of the "great disaster." It has been a tremendous spectacular demonstration of the fact that "a man's life consisteth not of the things which he possesseth." The life of the far West is specially congenial to new ideas of any kind. We look at them with lively curiosity, and we like to try them on. Our habits are exceedingly up-to-date—and we get the good of it. Children are expected to live out of doors, dressed for it and egged on to it, all the year round. The blessed day has come when the little girl may wear bloomers in place of petticoats, and frequently attractive and serviceable bloomer suits instead of dresses when at play.

Grown up people also tend to be out doors as much as grown up occupations will allow. Sleeping outdoors is becoming so usual that new homes are very commonly provided with sleeping porches. Windows stand open all over the house, day and night, month in and month out, and people feel stifled when a winter rainstorm once in a while makes it necessary to shut them up—ELLEN COIT ELLIOTT, Stamford University.

"Whence cometh international peace, save through the peace of the nations? Whence the peace of the nations, save through the peace of individuals, save through the at-one ment with the God of peace?"

—Harriet Adams Sawyer.

This Matter of Luck.

ADELAIDE KEEN.



work nor worry; friends, wealth and love and beauty fall into their laps. Saturn's children have hunted for amulets and charms, since time began and generally in vain. The history of superstitions in all climes is fascinating. The negro has his rabbit's foot, the Indian his Swastika, the yogi his sacred disk, the Catholic his medals and relics, and the Hebrew his parchment scroll from Deuteronomy, to hang beside the door. The Italian has a tiny coral hand to avert the evil eye, the Egyptian, his scarab, and so on. Things owned by suicides are lucky because they bring the luck which the dead did not live to enjoy. A lady who had been in love for eighteen years with a wealthy bachelor, bought a diamond pin for five dollars, which belonged to a woman tired of life. Immediately, the man asked her to set the day. This woman was handsome, clever and amiable and had prayed in vain. It may be added, however, that the match has not been a happy one. You see, God knows best.

Astrology reveals that Saturn, the most malignant star, rules the nativities of seven-eighths of the world's inhabitants, which fact explains why most people are unlucky. Venus and Jupiter control but few and these people need not

Burglars, gamblers and light women have enormous faith in a relic of a suicide, a murderer or a man hanged. A bit of rope or hair is prized. The elegant Pranzini who loved and killed several French women, had his skin made into pocket books. Maybe, because it takes great courage to do great wrong, and courage is the most potent mascot in the world.

Men and women who live dishonestly can hardly pray for success for the Almighty does not admire their methods, so it follows, superstition must be their mainstay.

An Eastern king who was ill and sad was advised to buy and wear the shirt of a happy man. Finally found, this man had no shirt, only perfect digestion, which means cheerfulness, and cheerfulness means courage and good luck. Now, the ancients said that Saturnine people are bilious and see all things in a blue light. The remedy is cheerfulness made a *habit*, no matter how hard it is to acquire it. Which means that to him that hath shall be given, more of what he hath, good or bad. The happy man needs no mascot; he is one already, living sunshine which grows success.

Love, money, good will, all flow to him that hath the lucky temperament. If a man's ways please the Lord, he will make even his enemies to be at peace with him.

In the dark ages and savage countries, men guessed at God and saw through a glass darkly a cruel being devoid of pity. Now, in this wonderful century of radium, telepathy, airships and socialism, we see Him face to face, as Love. We see Him in our brother's eyes, be he ever so low and degraded. We see Him

in nature and science, in cyclones, floods and earthquakes, working unceasingly His mysterious plans. The whole world is beginning to stand on tiptoe to see miracles everywhere. Religion has become science and science religion.

In the middle ages when nobody took a bath and the rich gorged while the poor fasted, priests and astrologers evolved ghosts, curses and omens, to keep people in order. They saw through a glass darkly. Medicine meant outrageous doses, war was indeed hell and no woman was safe outside of sanctuary. So convents were crowded. Now, we know God as Love. The *knowledge* of perfect love casteth out all fear. We need no mascots to protect us, from the clouds with a silver lining; the veiled guest is God's angel. Saturn is just as benignant as Venus to the man who fulfills the law, and that law is love. Hurt nothing lest you hurt yourself.

The value of talismans, if they have any at all, lies in the faith reposed in them, your faith or the faith of the witch who sells it to you.

And moreover, mascots bring penalties. Irish folklore is full of tales about girls who won lovers in the devil's name and repented of their bargains. A man like Faust can traffic with evil (or devil) today and end up in a striped suit, unless he kills himself before prison claims him. Does it pay?

We have inherited from those astrologers whom the middle ages supported because they needed their counsel, a legacy of wisdom. We know that twelve sorts of people are born under the twelve signs of the Zodiac and that each is as good as the other though some are more congenial than others. Each has its defects and virtues and strange things are explained, which mixes us up with both heredity and Karma. But the will of God dwells in all and he who wills to live according to that will cannot fail. In

this yet imperfect stage all cannot be millionaires. Why should we wish to be? Millionaires are not always happy or handsome or loved. Money brings opportunities but right thoughts bring them too and these have no string attached to them. They are ours to enjoy. Saturn's people complain of disappointments and they cannot see that they were not ready.

Prepare, prepare, and keep on preparing for success, but enjoy yourself on the way. Flowers are blooming by the wayside, comrades need you, shoulder to shoulder. As small duties fit us for large ones, so do small joys help us to appreciate big ones when they come. And they will come, if you prepare! If you have no fine clothes to wear to the party which you yearn to go to, why, you can look sweet and neat in the old ones, darned and brushed, doing the little tasks which are strengthening *your will* so that, with ease, you can some day attract far better ones and chances. If you have no God-given helpmate to love you yet, you can practice love on every living thing, on every event and duty, so that you will grow so strong in love that you will be an *irresistible magnet* when the right partner sees you on the road.

Saturn has no bad luck for him who is radiant like the sun, mild as the moon, amiable as Venus and as gay, powerful as Jupiter and as alert, and smart as Uranus and Mercury. Certainly not! Don't you see that it is all temperament, and temperament can be changed at will? In New Thought, we work backwards, sure of results. Clearly the cheerful, energetic, kindly and persevering man or woman attracts happiness and luck while the growler, absorbed in his woes, sees and gets more trouble. Preach the gospel to every creature—gospel of self-salvation, looking less of pattern of Christ, or Love me as I love you, than of *brain*. Be happy or appear so, first of all.

in trifles, always expecting and preparing for better things. Serene and poised, no man can harm you! Every superstition, from thirteen at table down, has been disproved by those who have no faith in them.

Pluck is luck, they say. Now pluck is another name for the source of deep breathing, and deep breathing brings calmness and courage.

COURAGE CONQUERS ALL.

Courage and intelligence steer straight to success. The lions on the path of freedom are all chained and nothing can harm you but yourself. The man who walks with God has his power to create good out of evil, light from darkness and joy from sorrow. He goes from strength to strength and renews his youth like the eagle. He is lucky because he is like God, the "giver of every good and perfect gift" to those who trust him, all the way to the end.

The Apotheosis of Bauermeister.

BY BOLTON HALL.



He was a teacher of German, a scholar of enthusiasm, yet he taught in wretched poverty. He suffered all his life from tuberculosis—had his leg cut off during the old days, when a

man was strapped down and the limb sawed off in haste, lest he should die on the spot from the agony. It had to be done a second time, and he was a martyr to neuralgic pains in the foot that was cut off.

Sometimes during a lesson, proud and reserved as he was, he would start and shriek with the pain in the nerve of the amputated foot.

Great as were his talents, his sentiment toward his women pupils and his fierce pride kept him from financial success in his profession; and he was always in want either of books or of bread; one want was as terrible to him as was the other. He believed in nothing and in no one, and he said to me once, "Life

is a cruel joke played upon us, by we know not whom."

Toil and hardship formed his life, allayed only by intensest study.

At last he was taken to the hospital, dying with the disease which had reached a vital organ; and God sent that I heard of it "by accident." So I wrote to all his old pupils that I knew and asked them to see him, and to write to other pupils that they knew of, and tell them to go see old Bauermeister, and they all did.

One of his visitors, a German, too, made him the little German cakes of the Fatherland; and everyone cared for his comfort and entertainment in those parting days, so that the last time I saw him he said:

"My life has been all pain and disappointment, but now—when there is nothing they can get from me, for this cruel malady has numbed my brain, all my old pupils come back to me, and are so kind—this pays for it all."

And so he died. But to him, too, the Spirit had come, and upon him also the Holy dove descended, for he had found the beauty and the worth of Love.



My Debt to God.

For daybreak Earth with life abrim
And ringed around with brightening rim;
The cloud-rack and the roomy sky,
A splendor for a seraph's eye;
The cryptic night and her old stars
That come to heal our hurts and jars.

For love that ever goes the way,
Goes changeless on thro' rose and gray,
And proves our deathless kinship is
With all the young eternities.
For hopes that stay me and make strong—
For these and all, O veiled God,
O Kindler of the soul and clod,
All gratitude, and this too thankless song!

EDWIN MARKHAM.

For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD.

For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.

—ISAIAH LV: 8, 9.

Cosmical and Human Directivity or Will.

BY EDGAR L. LARKIN.



They appear to be totally unlike with no trace of similarity. Some say that directivity and mind are identical. Others call both by one name, volition, and still others, will. I have books which say that the universe

is actuated by conscious mind. If so, there is no entity attribute or property at all in common with human. In fact, no two real entities could be more diverse. To me this was a matter of surprise when I first found it out. It would seem at first view that if there is a Mind in control of Nature, it would at least have one thing in common with the human mind.

But the most rigid scrutiny of modern science fails to detect even one. Here are a few attributes of the human mind: Love, hate, hope, fear, good, bad, mercy, pity, compassion, sorrow, gladness, esteem, veneration, reason, pride, ambition, vanity, envy, jealousy, anxiety, anger, duty, passion, deceit, hypocrisy, patience, aspiration, charity, good will, sympathy, tenderness, kindness, beneficence, meekness, forgiveness, charity, pleasure, pain, happiness, misery, disdain, chagrin, shame, malice, peace, generosity, right, wrong, conscience, sadness, joy, desire, longing, envy, erudition, consciousness, habit, sloth, caution, solicitude, remorse, regret, thought, memory, amateness, cheerfulness, in-

trospection, retrospection, forbearance, indulgence, restraint, discontent, peacefulness, anger, seeing, feeling, hearing, smelling, tasting, sensing and thinking. Minor attributes are omitted, these being the more prominent and all intensely human, and are all seated in the human mind—in its throne,—the brain.

Now, rigid science, so far, is unable to discover one of them in any Being, Entity, Force, Power or Mind said by some writers to rule the visible universe. Or, if the universe actuates itself, none of the mentioned attributes can be detected by the most refined analysis. Pity and mercy are conspicuously absent. If there is a Cosmical Mind, no trace of any human property has ever been observed by man. Human research, employing the most consummate skill and elaborate methods in long continued study has totally failed to show a reason why nature should not be pronounced deaf, dumb, blind and without feeling, in any way allied to the human. The most astonishing thing is that mercy is absent. Nature has not a trace of pity and inflicts the most appalling pain without the slightest qualm of conscience. All organic beings, that is those capable of enduring pain, physical and mental, live on planets in revolution around life-giving suns. There are many billions of suns. But they at times explode with terrific outpour of heat. Then all the inhabitants of all the worlds circulating around them are soon burned alive. Thus if our sun should suddenly increase its heat by say one-fourth or one-half, then we would begin

to burn to death in less than nine minutes.

I have seen five suns come to an end during my short life. The most terrific destruction was on February 21, 1901. A great and brilliant new star was discovered in the constellation Perseus on that day. But a photograph taken of the same place on the 19th does not show a trace of a star. A télégram was received here at 2 p. m., and in fifteen minutes I found the star with the telescope. Then it was brilliant in broad daylight with the unaided eye. I watched it night by night for several months when it faded away into invisible gas. It was a colossal explosion of one sun or collision of two, for the gas receded with incredible speed.

Suppose that each sun had eight inhabited worlds like the earth in revolution around it, sixteen in all. Then every person, if human, and every animal met death by burning alive. But nature never heard of the catastrophe for it was utterly insignificant. And having heard, would not care, for no hint or suggestion of solicitude for man can be found in the vast structure of nature. See this: Let there be ten, fifty or a hundred billion suns. Let each be the center of a solar system like our own.

Then every planet with inhabitants, all human, could be annihilated and not be missed. The suns would move on as though nothing had happened. It took millions of years of hard work for nature to produce man endowed with reason.

And the impenetrable mystery is: Why does she not care for her own children?

No conscious organic being can "sin" against nature, for nature has never heard of the word. The only unharmonic—"sinful"—thing man can do is against himself, his fellows and animals.

Man is now scientifically known to be his own judge and executioner.

There is no such thing in nature as forgiveness. Any violating a law set by nature must reap the consequences. We live on a fragile and unstable world. It is a marvel that seething, boiling matter ever became quiet enough for so frail a being as man to appear. We make our own career on earth. Nature does not care for us or whether the sun becomes much hotter or cooler, for in either case we all die. Nor for earthquakes and volcanoes. Hence new thought, good thought and pure thought people must band together to make our lives on earth as happy as may be under the precarious conditions.

Solving the Domestic Problem By New Thought Formulae.

BY ROSE WOODALLEN CHAPMAN.

My friend, Mrs. Tomlinson, gazed at me with reflective eyes.

"Queer, isn't it," she said, "to think how New Thought helps us out in every little problem of our daily lives. I suppose a good many women wouldn't believe it if I made the statement that the New Thought had enabled me to get help, when nearly everybody else in town found it an impossibility. Yet I am

firmly convinced that my success in this line during the past four years has been entirely due to my devotion to New Thought principles."

"Tell me about it," I urged.

"Well," she began, "the first time it was this way. We had just been married and had moved into the parsonage at Jonesboro, a little town back in Indiana. Of course, I could have done my

housework if I had thought it absolutely necessary, but I didn't want to. I found washing and ironing particularly heavy work for me, as I had never been accustomed to it; and I preferred to keep up my music and some of my college studies, rather than spend all my time washing dishes and straightening up the house. So I began inquiring about for help, which everyone told me I would be unable to find. It was such a small place, they said, that the girls who were ready to work, had gone off to the nearby city for the sake of larger wages. The girls who were left in the town wouldn't think of doing housework for someone else. They told me that I might be able to find a washer-woman, but even that was rather difficult, and, indeed, I found it so. There didn't seem to be a washer-woman in town free to do my work, or to come and help me clean once in two weeks.

"It looked like a desperate situation, but I refused to be discouraged. I couldn't understand why even those women who were already doing that kind of work, refused to help me; but I wouldn't allow myself to feel the least bit hurt by their apparent attitude toward me. The fact of the matter was, I soon discovered there was some kind of prejudice against me in the church, due possibly to the fact that I was a college graduate. The women of the church thought that I felt myself above them, and, for fear that I might try to snub them, they systematically avoided me.

"Of course, it was a great disappointment to me to find that these women, whom I had hoped would be my friends and for whom I had planned to do so much, refused to let me be their friend. But I at once saw that it wouldn't do for me to become disturbed by the situation. Instead, I took for my daily and hourly declaration these words: 'I love everybody in this town and everybody

loves me. Nothing but good can go from me or come to me. Everything good and needful is mine, help included.' I followed this up with its natural accompaniment, kindness and the utmost courtesy toward those who had really slandered me.

"For a long time my attitude seemed to have no effect upon them, but my domestic situation had already been somewhat lightened. The young girls of the church had responded quite readily to my advances, and had come to feel me their personal friend. One day, one of these girls, sweet little Edith Ware, came to me with tears in her eyes, saying: 'Dear Mrs. Tomlinson, I do wish you could tell me a way for me to earn some money. I have so longed to give to our missionary cause and haven't a cent; and, as you know, papa can't afford to give me anything.'

"'What can you do, my dear?' I asked her.

"'I can't do anything but housework,' she replied, despondently.

"'Would you be willing to do housework a part of each day for some one else?' I asked.

"'Yes,' she answered, hesitatingly, 'I am sure I would be glad to, but I can't give up my school, you know.'

"'Well, how would you feel about coming to me every day as soon as school was out, and washing my dishes? I would gladly pay you for it.'

"'Her eyes fairly shone at this.

"'I'd love to do that,' she cried eagerly, and so it was arranged.

"Each day I scraped the dishes, rinsed them in cold water and piled them up neatly in the sink. After school, Edith appeared, washed and wiped the accumulation and put them carefully away.

"When her missionary money was earned, she wanted to take physical culture lessons of me, and so continued her

A Young Soul.

ELEANOR KIRK.

This term is used at this time in contradistinction to an old body, there being no other way to express the wonderful vivacity and eternal good nature that characterized the woman whose age was climbing into the very midst of the high and gruesome figures that no woman likes to face, but this woman didn't seem to care.

"There is a woman with the youngest soul I ever met," the minister of her church once remarked. "She is always ready to help, always full of enthusiasm and as ready for a jolly time as the youngest in the congregation. It does seem odd that when she is so well she doesn't look better."

This was a painful incongruity to many besides the pastor. One lady who was studying into religious, scientific and generally occult subjects inquired if he thought Aunt Annie could do more good if her appearance matched her performance.

"Yes," he replied frankly, "I do, and I think the time must come when people will not permit themselves to grow ugly. I was almost tempted to say, grow old. I hate to see such indications. I hate to acknowledge them upon myself, and sometimes as I see my wife's fading face looking up at me of a Sunday, it stirs something within me that makes my sermon seem very inconsistent."

Such statements are not uncommon with teachers of creeds who feel it their duty to believe as the race has always believed and at the same time are made really unhappy by the despoiling fingers of time in their own cases and upon the faces and forms of those they love.

What kind of a screw is it that is loose here? It certainly seems connected with a very vital part of the ma-

chinery. It goes flippity flop here and flippity flop there. Some times it seems to hold for awhile and then it gives way again and perhaps encouragingly tightens up in some other quarter.

If there is a consensus of the competent in this regard no decision has yet reached the world whether the ugliness of old age is necessary or can be prevented. Much has been said and written about growing old gracefully and the beauty and sweetness of advanced age, but these poets and would-be comforters are only whistling to keep their courage up which they have never succeeded in doing. Old age and death have always been very unpopular subjects and this seems a strong and logical agreement against their everlastingness.

"To man was given dominion over all things." We have repeated this text with variations since human speech began and man is still not sure that he has any real power over himself. He has never been able to keep well or successfully to elude the lost enemy. There is some talk now about these things and many people have approximated to a condition of self-government which certainly makes life much more agreeable. The truth is making itself felt in not a few minds that if sickness can be prevented death can at least be postponed. But when it comes to the preservation of good looks everybody seems to be at sixes and sevens. They look in the mirror, see something they don't like and their discouragement to say nothing of their disgust depresses the spirits, producing deeper lines and increased disfigurement. What a pity that two and two do not make four in the living of life as well as in the science of mathematics. Of course they do, but there seem to be

inexplicable discrepancies in this matter, no two persons showing the same features in the processes of decay. Now here for instance is the woman with "the young soul"—a spirit as enthusiastic as in the days of youth, a body that nothing seemed to tire or make ache. A clipping gait and with a face seamed and scarred to absolute ugliness. She would like to look as young as she felt, but she had not worried about the condition because she had considered it a part of the plan and was loyally grateful for her perfect health.

One day our friend who had talked with the minister made one of her usual calls upon Aunt Annie having decided to bring up this matter of appearance and see if she could discover some solution of the glaring discrepancy. She felt that she was venturing upon delicate ground and did not know just how to begin, but Aunt Annie was as intuitive in mind as she was alert in body and smilingly came to the rescue.

"I should have been very unhappy about my face if I had let myself," she remarked after a little preliminary skirmishing, "but I was so cramed with mercies that I didn't dare to be. A long time ago I used to think about doing something desperate and one day I went into a drug store to buy some powder and paint and I was so ashamed that I asked for a tooth brush instead and got out as fast as I could."

"Would you be willing to have your face softened up with some pure emollient, and your hair to be made soft and pretty and becoming," the visitor inquired.

"But would it do any good—now?" came the puzzled interrogative. "Would I like it? Try me. No powder and no paint in it?"

"Not a bit and I believe the right kind of softening up for that is what you need—will really make a great difference in your looks."

And it did. Of course the deep set lines remained deep, but they were not so forbidding, and the hard, parchment-like cuticle grew tender and plastic under the unusual and really scientific treatment.

Aunt Annie's delight was inexpressible. She made no secret of what she was doing and her example has been followed in many instances with excellent effect.

A few weeks after the inauguration of the new regime, the minister asked the friend who had brought it about what had happened to Aunt Annie.

"Then you notice the difference do you?" he was asked.

"Indeed I do, and you brought it about?"

"Yes, I did."

"Won't you please recommend whatever this is to my wife?" was the next almost plaintive inquiry, showing how deeply this matter of the preservation of beauty had entered this husband's heart.

"I guess she needs another kind of a talk," said the lady as she walked away.

"She wants to know something about her mental capabilities. She is a chronic worrier and face-food and massage will not reach her difficulty. Some ministers don't seem to know very much anyway."

"The common problem, yours, mine, everyone's,
Is not to fancy what were fair in life
Provided it could be—but finding first
What may be, then find how to make it fair
Up to our means,—a very different thing."

—Elizabeth Barrett Browning.

Secrets of Mental Supremacy.

BY W. R. C. LATSON, M. D.



"The mind's the measure of the man." And today, all over the world, power of mind, the power to observe, compare, judge justly and act quickly—this power is essential to success in any earnest line of human activity.

SOMETHING ABOUT THE MIND.

It should be understood at the beginning that the human mind is a far bigger thing than is dealt with by what is ordinarily called "education." Schools and colleges are, as a rule, concerning themselves entirely with the training of the consciousness. The consciousness, however, is but a small part of the mind. In fact I believe I am safe in saying that nine hundred and ninety-nine thousandths of our mental operations are not conscious at all, but are performed quite without our knowledge or consent. A glance at the diagram accompanying this article will make this more clear.

Let the pyramid shown in this diagram be taken as representing the human mind and its activities. The small, white triangle at the apex will represent the consciousness. The gray portion underlying that triangle will represent that part of the mind which is partly conscious; and the black portion forming the base represents the field of those functions which go on entirely without the knowledge of the individual. As shown in the diagram, these strata or levels of consciousness melt into each other without any lines of demarcation. No human being can say where consciousness ends and subconsciousness begins, or vice versa.

And out of the conscious and subconscious portions of the mind there are constantly coming into the subconsciousness impulses, desires and impressions; while from the conscious mind there are constantly passing out influences which profoundly affect those actions occurring at lower levels of psychic activity.

Everything we say, do, think—every action of the consciousness, is retained in the subconsciousness, and to a greater or less extent reacts upon our conscious lives. What we call "memory" is simply the act of dipping down into the depths of the subconscious mind and drawing up some idea or image dropped into it, perhaps decades ago.

MENTAL POWER MEANS MENTAL UNITY.

If we desire, then, to attain mental supremacy we must train the mind, the whole mind, conscious and other-than-conscious. How shall this be done? First of all we must train ourselves to see the thing as it is. This, and only this, is true perception. In looking at any object let us think not what it ought to be, not what it might be, but what it is—exactly what it is and nothing else.

PRACTICAL METHODS.

As a practical exercise students who have done work with me along these lines have found the following of much value:

Upon a table place some simple object, a book, an apple, a rose. Seat yourself at the table; and, without touching the object, examine it carefully. Note its size, shape, weight, color, odor, markings or any other peculiarities of appearance. Then cover the object with a cloth or a piece of paper and write down exactly what you have seen. After you have jotted down all you can remember of the peculiarities of the object examined, raise

the cloth, look again and compare what you then see with what you have written.

A variation of this exercise is to take the object between the hands, to examine it from all points and to note hardness, softness, etc. If it be a book, the title, sub-title, author, publisher, number of pages, number of chapters and so on.

Still another exercise which has proven of much value to students desiring to develop mental supremacy is to have someone place upon a bare table a number of articles ranging from five or six to thirty; the student walks past the table, giving one glance at its contents, and then, turning away, jots down all the objects which he can remember having seen.

At first, especially if you are what is commonly called an "educated" person, you will be surprised and chagrined at how little you have seen of the object examined.

Little by little, however, with practice, you will gain increased powers of perception and memory; until you can remember forty or fifty objects after one glance.

These exercises train not only perception but memory, concentration and will. The intelligent student will devise many more of the same order; and he may be assured that, by these apparently simple methods, he can develop some of the highest and most valuable attributes of mind. The power to see, to see things just as they are, and to remember what one has seen—these powers will insure to any man or woman who possesses them an advantage which is absolutely unattainable by any other attributes of mind.

THE VALUE OF HABIT.

But this is not all. Training such as I have suggested will develop not only the power of seeing and remembering, but will develop what is far more important—the habit of seeing and remembering. And the habit is far more important than the mere ability. After a few weeks of practice of the simple methods above described, the student will be surprised at his ability to remember things to which at the time he paid little or no attention.

He has been, perhaps, for a drive with a friend. On his return the friends asks him if he remembers seeing the carriage which passed their own at such and such a point. As a matter of fact he did not consciously observe the carriage referred to; but, instantly the question is asked, he remembers it perfectly, and is able to describe in detail the horses, the vehicle and the occupants. These and similar instances have come under my observation many, many times.

These, then, are the prime secrets of mental supremacy: to perceive quickly, completely, truthfully; to remember readily and in fullest detail and to make these habitual. Few are there who possess these three qualities even in a small degree. On the other hand, few there are who could not attain them by a few months of careful practice. The exercises, while at first rather a task, soon become intensely interesting, especially so as the student finds himself growing rapidly in those powers of mind which constitute mental supremacy.

The parents are a magnet. The disembodied souls having in them that which relates them to the magnet, thus find, by the working of the omnipresent Law of attraction, their own particular place in the universe; the one environment which affords them the opportunities they need for further development.—Elizabeth Towne.

On Going Into the Silence.

BY WILLIAM E. TOWNE.

Some of our friends have become unsettled in their minds on account of a recently published article which seems to advise against "going into the Silence."

So far as the article referred to advises against purely negative conditions it is surely correct, but the only way to find the truth, friends, is to "prove all things and hold fast that which is good."

Experiment for yourselves and don't take anybody's say-so as final.

I have experimented along this line and I know that "going into the Silence" has been a means of helping me greatly in a physical, practical, material and mental way. And there is lots of similar evidence lying all along the way.

But of course you want to avoid the extremely negative and psychic states which our author pictures.

There has to be involution before there can be evolution.

You have to *take in* or develop power before you can express—ex-press—it. By going into the Silence you can come in touch with the great central energy of the universe and get yourself recharged for action.

If you were perfectly normal you would probably do this unconsciously as possibly the author of the article referred to does.

But most of us are so hypnotized by work and worry and a thousand and one material things that we *need* to spend a little time in *letting go*, in resting mind and body, relaxing, somewhat, the muscles of the body, so that *new power can flow in*.

This is just as natural and normal a process as sleep.

You have probably heard of Annie Payson Call's book, entitled "Power

Through Repose," which deals with the physical side of rest and relaxation. Mrs. Call's ideas have been commended by many scientific men, including Professor James of Harvard, and pronounced of great value.

The secret of the benefit derived from going into the Silence lies in the *self-control* and the *rest* to mind and body gained. *It is a time for fixing and focussing the mind upon the real objects of life.* The energies can then be centered upon the desired results to be obtained. In this way the practice of going into the Silence may be made of great benefit.

And as Floyd B. Wilson says, after practicing in this way for a time, one can stop at any time in the day and feel the peace and power which comes to mind and body during this period of rest and inflow of Life.

Prof. Elmer Gates, the father of over twenty-two hundred inventions, and a scientist of note, connected with the Smithsonian Institute, Washington, D. C., makes a practice of "going into the Silence" when working out an invention. I have been told, also, that Edison works somewhat in the same way.

More or less quiet is necessary to the inception of new ideas. You have got to still the mind and body and let go of the old thoughts that have been holding possession of your mind and absorbing your vital energies before you can conceive and execute a new and more difficult work. Here is where going into the Silence helps you, just as sleep helps you.

Life itself is cherished and prolonged by proper rest and relaxation. The people who reach extreme old age are apt to

be placid and harmonious in temperament.

Dr. C. A. Stephens, who for many years has been attempting to solve the problem of living forever, from a scientific standpoint, says the first thing to do if you would prolong your life is to "rest your cell neurons until you feel that you have a full head of vim in the organism, even if a week or month is required for it. Rest and recuperate until you are in the best condition possible. This is the necessary first step, the *sine qua non*: A head of vim to work with.

Might as well expect an engine to run without steam as to expect the body and mind to keep on working indefinitely without a frequent *turning about and letting go*, such as we can get by going into the Silence.

Probably we ought to get all this in natural sleep if we were perfectly normal. In the meantime, we can benefit by training mind and body to rest properly.

I agree with the author of the article referred to about the psychic plane, and the reaching out after psychic conditions.

"Don't monkey with them" seems the best advice to follow. Don't cultivate that extremely negative state where other minds and thoughts can take possession of you, even against your desires, because your own will is weak or held in abeyance.

You will take out of the Silence about what you desire. If you desire and seek wisdom, health, strength, the Silence will help you to find them if you go about it in the right way.

And in conclusion, with the author of the article referred to, I can truly say that the real test which we all should apply is this: "*Does this make me stronger?*"

Follow the results of this test and you cannot go far wrong.

Briefs.

BY WILLIAM E. TOWNE.

* * * In many respects Sir Gilbert Parker's great novel, "The Weavers," recently brought to a close in *Harper's Magazine*, is a splendid new thought story. The hero, David, the Quaker, is a fine character who overcomes all obstacles by his indomitable will and oneness of purpose. Nahoum, who was David's enemy and nearly accomplished his ruin, at last gave in to the indomitable will of David, and recognized the power which this will and his high ideals gave him. To Lady Eglington, who went to plead for David with Nahoum, the latter said: "Did you think that you could save him? That I would listen to you—if I did not listen to him? No, no, madame. Not even did he conquer me; but something greater than himself within himself, it conquered me!"

* * * And in real life it is the man with singleness of purpose, with high ideals, with indomitable will working to fulfil that ideal, who finally sways even his enemies until they become his friends. Opposition and failure simply cannot exist in the atmosphere which such a man creates around him.

* * * Those who judge simply by worldly standards will pronounce the life of Helen Wilmans a failure. She who preached the conquest of death herself fell a victim to death. But there are thousands scattered throughout the civilized world who can bear testimony that her teachings were a mighty power for good in their lives, and these will judge her truly and bless her memory. She was in many respects a pioneer, and the work she undertook was perhaps too great for any one person to accomplish. I would apply to Helen these words of Walt Whitman:

With music strong I come, with my cornets and my drums,
I play not marches for accepted victors only,
I play marches for conquered and slain persons.

Have you heard that it was good to gain the day?

I also say it is good to fall, battles are lost in the same spirit in which they are won.

I beat and pound for the dead,
I blow through my embouchures my loudest and gayest for them.

* * * Some of those who have been interested in the problem of outgrowing death of the physical body may

be somewhat discouraged by the passing of Helen Wilmans. To such I would say that there are more people working along this line than you have any idea of. Men of science are giving the problem of continued life in the physical body serious and earnest attention. One educated man of large scientific attainments has been experimenting for years in his laboratory trying to discover means to overcome the direct causes of death. He has made most encouraging progress and firmly believes that the problem will ultimately be completely solved.

The Law of the Rhythmic Breath.

BY ELLA ADELIA FLETCHER.

CHAPTER XIX.

THE CONNECTION OF THE ZODIAC WITH VITAL CENTERS.

PART II.

This installment should have appeared in October number instead of Chap. XX. In December number will appear Chap. XXI on "The Sequence of Numbers."—EDITOR.

Leo, the zodiacal house of the sun, corresponds with and is the influence which develops life,—the vital force which we know as *Prana*. But the form which that life-principle shall mould depends upon the character of our thoughts. The thought-principle, as you have learned, develops under the influence of Sagittarius. In the circle of the Zodiac, Sagittarius is on the same plane with Leo (life), but it is its opposite and complement, marking the immense evolution from mere animal life to the development of conscious mentality; and it stands, as explained in the last chapter at the parting of the ways. If brought under a soul-governed will, it leads the life, through the development of individuality to the upward arc of evolution, the divine quarternary,—to the release of the soul from its physical chains forged by sense-perceptions.

Individuality has its physical seat in the spine back of the heart, and is under the influence of Capricornus, always recognized as possessing a mysterious organizing power. Capricornus is on the boundary line of the manifested, or visible universe. On this gross plane of the physical man the constellation rules the knees. When you say of a man, "He is weak-kneed," you are unconsciously recognizing his lack of development in the occult center of Capricornus, where, as individuality increases, courage keeps pace with it in the high council-chamber of the heart.

The correspondence of Leo with the body is through the solar-plexus and the heart. The solar-plexus (also called epigastric-plexus) is to the nervous system what the heart is to the vascular system; therefore, it claims pre-eminence as the most vital center in the body. It is the largest of the great sympathetic plexuses, and is situated in the upper part of the abdomen, back of the stomach and in front of the aorta. Its dominating influence has won for it the titles of "abdominal brain" and "king brain."

In this life-center, the three *Tattvas* which predominate in our terrestrial lives mingle most closely, and exercise the one upon the other that restraint which secures their harmonious co-operation in physical activities. *Prithivi* here unites with *Tejas*, and both come under the tempering, welding influence of *Apas*, resolving them into a higher power. Remember the solvent and contracting properties of *Apas*. These act with beneficent restraint upon the two others; therefore, concentration upon the solar plexus has an immediate effect in calming and purifying the nerves and restoring the equilibrium. It is the most important center upon which to concentrate for relief from any disturbance of the digestive function, whether gastric or intestinal.

Next above Capricornus in the circle of the Zodiac, is the zodiacal influence of the soul, Aquarius. The physical correspondence of this constellation is with that part of the spinal cord situated between the shoulders. Reference has already been made to the mystic relations between *Apas* (water) and the soul, and this makes still clearer the bond between the two. Soul is that principle in all things which relates the visible to the invisible; and in humanity it is the real, immortal Self,—the garment of the Spirit. It is that principle of universal love which makes the whole world kin. All self-sacrifice and self-forgetfulness in devotion to high principle is a manifestation of the soul. Only by such exercise does the soul come into conscious government of its own individual kingdom,—a conquest which must

precede all realization of its oneness with infinite life and with power.

You are now at a stage in this study of Self and its forces where you can readily understand that exercises in Concentration should always conclude with concentration upon the higher centers, and with an upward direction of currents, as these are psychical and spiritual, while downward-flowing currents are physical.

Never allow the body to become tense and strained during concentration; and avoid gazing fixedly at any object as a help in centering the mind. The practice (frequently commended) strains and injures the optic nerves, impairing their power of focal adjustment. As directed in an early chapter, it is much better to close the eyes when concentrating; and when the immediate purpose of the exercise is to restore physical harmony, confine consciousness—the inward gaze—as far as possible unwaveringly to the chosen center.

I think it must be clearly understood now that these exercises in Concentration are not to be considered from a purely utilitarian standpoint, the gain in physical well-being. No; the reward is far greater than that. It is a development, a remoulding on a higher plane, of the whole character, strengthening and giving firmness to every good quality, and disclosing talents and abilities before unsuspected. Thus we are moulding the Self to loftier purpose, to greater usefulness, to activities subliminal as well as conscious that affect for great good ourselves and all who come within our environment.

"What can't be cured must be endured."

This proverb does all right for something outside yourself over which you have no direct power, such as the actions of the Government or the way your neighbour wears his hat. But when it comes to private and personal matters all I can say is, "What can't be endured must be cured," and no one can cure it but yourself.—Evelene Butler.

Practical Telepathy.

BY ELLEN W. PRICE.

LESSON VII.

THE POWER OF THOUGHT.

PART I.

1. All thought may become telepathic communication. The power of thought lies in its reception, recognition, and approbation. Its power is in proportion to the will and understanding of the recipient. There is no power great enough to impress upon a mind any thought against which that mind is positive, and there is no force strong enough to prevent one from receiving any thought he desires, if it is within his understanding. It is for this reason that I emphasize the necessity of *understanding* and controlling your mental efforts.

In the positive condition, the conscious mind creates thought, and sets the limit to our understanding. In the negative condition it is open to all thoughts that may come within this limit. Those who limit themselves inflexibly and habitually to the positive shut off the mind's growth, and incline to be sceptical about higher mental development. Those who habitually dwell in the negative condition receive indiscriminately all thoughts and impressions that are attracted to them, thus becoming a prey to unhappy experiences or opening their minds to highest ecstasies, equally without apparent cause. Such persons are called "sensitives," and their abnormal experiences in the negative condition are often spoken of as "phenomena." These phenomena show the power of thought, and demonstrate the laws through which it operates, so we will follow the course of development of mental unfoldment during the last fifty years, as a key to the present situation.

2. The rappings that attended the Fox sisters, in Rochester, N. Y., more than fifty years ago, filled all who heard them with awe and wonder. Those who gave themselves to the study of these strange phenomena discovered that they responded to the dictates of the mind. By means of a code of signals, communication was established between the visible and the invisible. What had at first seemed to be purely physical force resolved itself into a spiritual power, manifesting in clairvoyance and like phenomena, and soon assumed the vast proportions of Spiritualism, a new religious belief.

About the same time that these spiritualistic phenomena claimed the attention of this country, an analogous process, first known as Mesmerism and later as hypnotism, was attracting attention in France. Hypnotism and Spiritualism unfolded side by side, developing some new phase of power every day until there was borne of the strange commingling of the two forces, influenced by New England Transcendentalism, the "New Thought," which seemed to take hold of many minds at once, and, manifesting through them in various ways, overwhelmed the people with the marvels of nature's finer forces.

Interest in mental suggestion, the most powerful of these new forces, impelled thoughtful minds to practice healing by these means, and developed the science of Mental Healing, which has given us a new insight into the limitless powers of the subconscious mind. The whole trend of this wave of mental development is toward a more complete and orderly conscious co-operation of the Individual with the Infinite, bringing human life and destiny more and more

under the control of the enlightened mind. Already here and there men are plainly foreseeing a development of this control that shall link us to Life Eternal through the medium of creative thought. But our work for the present is with thought as we find it, in the chaos of transformation from old to new.

3. In the struggle to free itself from old limitations and enter upon a wider field of action, the mind now finds its greatest power in *suggestion*, a simple form of telepathy in which the mind of one person produces certain desired effects upon or through the mind of another, by sending out definite thoughts with a definite purpose. These thoughts are transmitted through the subconscious mind; and unless the one who is to receive them holds a positive intention to do otherwise, the desired results are obtained.

This method is employed by mental healers and teachers. The healer generates thoughts of life, health, and vitality until he has established corresponding conditions in himself; the patient, being in rapport with him, receives the full force of these suggestions, in response to which the desired conditions are gradually developed. This process, the work of the subconscious mind, may even take place without the patient's knowing that he is being treated, provided his willingness to become well brings him into rapport with the healer. Thus mental suggestion and mental healing are among the important special applications of telepathy.

4. Mental suggestion is used daily by men and women in every calling of life. It is no longer a thing of experiment, but a common practice, whose effectiveness is undisputed. Yet few understand its vast possibilities; for the suggestions made by the conscious mind, with the deliberate purpose of affecting another are but a small part of the great thought-force that works through the subconscious mind. The thought-waves that extend over the country from time to time, moving men so deeply,—strikes, riots, revolutions, or religious, educa-

tional, political or commercial movements,—are but the aggregate force of mental suggestion, finding an outlet through the conscious mind of the individual. In a quieter way, occasionally, the same idea will develop in the minds of two or more, in different parts of the world, at the same time, and some invention or discovery will be heralded simultaneously in different quarter, to the surprise of all concerned.

5. The real source or origin of thought-waves cannot yet be determined, but the thought-force that we have most need to consider is that arising from mental suggestion held in the individual mind, either unexpressed or spoken carelessly, without considering the power they possess. The thoughtless suggestions of parents are often the cause of decided traits of character in their children; for children are natural sensitives, and, not having the experience and maturity to withstand the force of these suggestions, take to heart nearly everything said by their elders. Maturer minds are often equally vulnerable at some points. What we regard as our weaknesses are ever present in our thoughts, or quickly suggested to us by anything touching upon them; our sensitiveness brings us into complete rapport with all who hold similar thoughts, and subjects us to the full force of their suggestions.

I would therefore have you consider the immense power you wield through your silent thoughts. Your every thought is a telepathic communication to those who are receptive to it. You meet an acquaintance on the street, perhaps, and as she approaches you say to yourself, "Poor, lonely, unlovable creature! Why should she be so heavily burdened with life's cares?" Then with a heart full of sympathy you speak a kindly "Good morning," and pass on. As she goes her way, all the misery of her lonely, bitter life suddenly seems to possess her with new strength. She feels weak, lonely, helpless, loveless.

(This Chapter concluded in December Number.)

Oriental Sharks in America.

SAINT NIHAL SING.



Transition from the Orient to the Occident occasions a violent strain on the Easterner. Life on one side of the Pacific Ocean is staid and nirvanic—on the other it is an eternal hustle. Grace and

beauty are the ideals on the one—on the other material gains and quick results.

When an Asian first lands in the United States his lifeless ways and expressionless face make him conspicuous. The hoodlums guy him. A good-natured elect-few extend to him patronage but in an uncomely, impudent manner.

Even the Orientals who are well posted on American etiquette poke fun at the new comer—even endeavor to over-reach him.

The noisomeness of American cities, the harsh, nasal twang of the fast-talker make the newly arrived Easterner feel like an exotic out of hothouse—the more so if he is untraveled or unsophisticated—lacking the virility to adjust himself to new environs. Even the well-informed Oriental learned that the etiquette gleaned from books or from America-returned friends hopelessly is behind time and woefully inadequate.

A letter of introduction to a missionary avails him not.

Sometimes an Oriental is invited to lecture. To his utter discomfiture, at the close of his speech, the hat is passed round and the collection turned over to "help along the poor fellow."

The color of his skin and the fact of his being an Asiatic pile up on his wor-

ries. No matter what his attainments he is contemptuously treated.

All these combine to render him uncomfortable. He virtually finds himself an "Alice-in-Wonderland."

Comes a time in his evolution when the Asian buckles up—pulls himself together—dresses smartly and walks straight like a dart, with a stiff neck, chin and breast thrown well forward.

He now has obtained his sheep-skin from the University of Hard, Swift Kicks. Bluffing becomes his favorite device. He even goes to the expense of employing a press agent to boom him.

Tranquility now vanishes—or becomes more accentuated. Gold-rimmed spectacles, Prince Albert coat, boiled shirts, high collars and red crepe de chine, full Fra-Elbertus-size ties proclaim his metamorphosis. Or, long, flowing robes, that no one wears, even in the Orient, and a fantastic dish-rag around his head serve as cute and catchy advertisements.

To the "transformed" Oriental everything in America looks topsy-turvy. Americans are money-grubbers; soulless materialists.

Assuming the role of a Pandit, Yogi, Swami or Philosopher the Americanised Asian rants about rats in women's hair, foods and drinks. He damns the people, the people who want a heaven right here and now.

This self-made Oriental philosopher would have them live in hell and talk of the fourth dimension.

He charms the livers-in-misery by posing as the "happiest man in the world" and by promising them "thrills,"—the latter for a consideration, two dollars per.

Admirers, especially of the sex with limitless leisure and unbridled desires for "unfoldment" flock to his quarters.

"Wooziness" describes the man; describes his votaries.

In the estimation of an Easterner the American woman is a queer proposition. So is the American man—more or less. Suspicious at first, flattery carefully composed and applied not with a "trowel" but with scientific precision eludes their watchfulness. Americans begin the game of "doing" people. Probably it is started in fun. But it always ends in a tragedy. The "guys" come out as victors. Americans are caught in their own nets.

This by no means is an expose of the Orientals living on this continent. Only it is affirmed that if a census of the "advanced" Orientals in America were taken many would be returned as without any visible means of support other than "woozy" teaching.

It should be stated, however, that the Oriental "pretenders" in America are not solely to blame. There is no doubt whatever that a very large percentage of the "breaks" they make, directly or indirectly, are the results of the temptations placed in their ways by American women. Cases can be cited where they consciously have been the cause of the downfall of many an Oriental. If the women of the United States could curb their curiosity to test the power of their charms to pull down boastful Asians

who flaunt their marvelous self-control, the number of Oriental "sharks," at least of the breaks they make, would considerably be lessened.

The abnormal restrictions placed upon women in America, as elsewhere, warp her character, stifling expression here and inducing an hysterical intensity there. She is at once starved and overstimulated.

When an Oriental first sees an American woman carrying a puppy or hugging a "Teddy bear," leading a cat by a string, or lavishing love on canaries, "dear"-ing flats, pickles and sausages, he is apt to laugh at her in derision. Later when he comes to understand why some of the women on this continent are "dog"-gy and "bear"-ish, and when the conviction goes home into his consciousness that no amount of pets and amusements are capable of filling the void which motherhood and wifehood alone can satisfy, he feels a pity for them. Then his heart goes out to them. Their love for wooziness, their concern for future heaven, their craving for happiness in the life to come, all appeal to his sympathy. He feels sorry for their short-sightedness.

Thus an Oriental is enabled to forgive and forget that these very women are responsible for the presence of Oriental Sharks in America.

The "Utterly Undesirable."

ELIZABETH TOWNE.

I never see either people or things that are "utterly undesirable." I doubt if there are such.

"*Each thing in its place is best*"—for that time and place. And everything is in its place.

What you don't like somebody else does.

And whatever you find in life comes by your own attraction, drawn by the magnetism generated by the thoughts, emotions, desires, hates and aspirations within you.

The unpleasant things come to correct false thinking, if for nothing else. Think on these things and *look* for the good. Keep on looking for it until you find it.

The world is like a great factory for manufacturing the Ideal Man. For some thousands of years we have been feeding in babies and turning out here and there a Jesus or a Buddha, or a Savonarola, William Penn, or Ben Lindsey, pretty nearly good enough credit for any Ideal Man Factory.

Most of the world's products however have been rather indifferent, but steadily improving.

And the balance of humanity are perhaps merely by-products, but *all good for something*. They say the Chicago packing houses make useful by-products out of everything but the squeal. The world does better still, it turns even the squeal to good account.

You may not like or have use for all life's products, but there are plenty who do. Remember that.

And finished product and by-products are all off the same piece. Don't forget.

If you bear these two points in mind you will soon begin to realize your kinship to all people and things.

In gardening, William uses phosphate, a most evil smelling compound of decayed things ground up. When I first smelled it, it made me sick and I said so. "Why, that is funny," remarked William, "I always used it on the farm, and I rather like the smell!" He was in earnest.

This is the third year I have encountered phosphate, and this spring I found *myself*, "rather liking" it too, to my surprise.

I know why. It isn't simply because I've "got used to it." It is because *I've been liking the growing things that delight in the phosphate*. By working a little in the garden and getting interested in the ways of plants I've come into a sort of rapport with them, so that I actually enjoy in a measure the smell of the food *they* enjoy. I enjoy the smell of their food as it is fed to them. This is true sym-path-y, helpful to me and to the plants.

As a by-product of this sym-path-y I am rid of the unpleasant sensations I once endured at the smell of phosphate.

This reminds me of a clipping I have, a little item of Alma Guillen's. Here it is:—

There are noises going on outside of us, but inside of us is that which decides whether those noises shall please or displease us, annoy us, irritate us, make us ill, inspire us, madden us, or soothe us. Every one breathes into himself the air which is outside him, yet within each and every one is that something which says, "This air is too heavy for me." "This air is too rarified for me." "This air makes me ill." "This air exhilarates me." "This air soothes and calms me." "This air gives me headache."

"This air revives me." Every one eats and drinks that which lies outside him, but within each one is that which says, "I dare not eat that." "That dish is fatal to digestion." "I am afraid of fish." "I never eat cake." "Tea always has a bad effect upon me." One man is not the whole universe, but he has the choice and the power to say and decide what effect that whole universe shall have upon him. The universe, or any part or parts of that universe. Moreover, whatever that universe is as a whole, the man is as a part.

A dozen years ago or so I was very conscious of a good many "utterly undesirable" people and things, and I suffered accordingly. In a sub-conscious way I considered it a virtue to be "pained" by dirt, disorder, evil smells, dowdiness, uncultured voices, "common" people and general badness. Look carefully and *honestly* in your own sub-consciousness and you will find the same virtuous idea. You think it desirable to be "pained" by certain things; therefore you feel pained. If you thought it desirable *not* to be pained by them you would not *feel* pained. It is that Something which is *you* that "decides" whether things or people "shall please or displease, annoy, irritate, make ill, inspire, madden or soothe" you.

If "All is good," then nothing and nobody ought to arouse us to unpleasant feelings.

When we *really* believe that "All is good" *nothing* will affect us disagreeably. "Phosphate" will still be "phosphate," with its same old smell, but because we recognize more fully the Good in it that Something which is *Us* will decide to be pleasantly instead of unpleasantly affected by it.

The secret of all good feeling is sweetly revealed in that beautiful little poem of Robert Loveman's, "April Rain."

It isn't raining rain to me,
It's raining daffodils;
In every dimpled drop I see
Wild flowers on the hills.
The clouds of gray engulf the day
And overwhelm the town—
It isn't raining rain to me,
It's raining roses down.

It isn't raining rain to me,
But fields of clover bloom,
Where any buccaneering bee
May find a bed and room.
A health unto the happy,
A fig for him who frets—
It isn't raining rain to me,
It's raining violets.



A Day in Richmond, Virginia.

BY WILLIAM E. TOWNE.

"My Heart turns back to Dixie."

Ever since I was a small boy, and used to read in my school history of the stirring scenes which were enacted in and around Richmond during the civil war, I have had a strong desire to visit the city.

So it was with keen anticipation of pleasure that I awoke one morning in the latter part of August in what was formerly the capital city of the Confederacy. In the street outside the darky watermelon-man was crying his wares in the sonorous, drowsy, sing-song tones which only the real southern negro can voice.

It was already late and we made haste to dress. Being advocates and practitioners of the "No-Breakfast Plan," we were soon ready for the day, and we found that our kind and hospitable entertainers had provided an open carriage, driven by an ancient darky who was a character study in himself, which was already waiting at the door to take us over the city.

And we were truly surprised to see such a beautiful, up-to-date, growing city. Richmond does not lose by comparison with any city of its size in the north, south, east or west. Her pleasantly shaded streets are cement paved, wide and clean. Her hotels and business buildings are large and modern.

The present population of Richmond is 110,000. The bank clearings of the city show an increase of 169 per cent in six years. On every hand new buildings are being constructed, new streets laid out, and every indication shown that Richmond is a modern, thriving city.

But it was the old historic Richmond which interested us most deeply, and we found all that we could assimilate in this line.

One of the first historic buildings which we passed was the "White House of the Confederacy," the home which was rented by the Confederate government, for its president, Jefferson Davis. The building was built for a private residence in 1814. After the close of the war it was occupied by the general in command of the Federal troops as his headquar-

ters. Here Abraham Lincoln was received during his famous visit to Richmond just after the evacuation of the city by the Confederates in the Spring of 1865. Five years later, when Virginia was again admitted to the Union, this house was used as a public school, and the patter of little feet echoed through the rooms where the leaders of the Confederacy had been wont to hold grave council.

Some twenty years later the patriotic women of the south started a movement to preserve the mansion as a Confederate museum. With unflagging zeal they worked to acquire the necessary funds. A "Memorial Bazaar" was planned, from which over \$31,000 was realized.

Each of the Confederate states is represented by a room in the museum. Each room is cared for by a regent and vice-regent from the state which it represents.

An immense amount of valuable historical material and original data are collected here. The United States Government has made use of the museum records for its navy register.

A little farther on our hosts pointed out the church where Jefferson Davis was a regular attendant. It was in this church, they told us, that Mr. Davis first "heard the awful news" that Grant had broken through Lee's line at Appomattox.

We visited the Confederate Veterans' Home, where the captain in charge invited us in and showed us many interesting relics of the war. He also told us that when he came there the doctors said he couldn't possibly last more than three months, and that was nine years ago!

It was well into the afternoon when our delightful drive came to an end, and we scarcely realized that we had not breakfasted!

We invited our friends to accompany us and started out for the Jefferson Hotel. On our way we passed a real old-time darkey, a former slave, now over eighty years of age. Our southern friends stopped to chat with him a moment and to give him a little of their loose change. When they told him that we were

from "Yankeeland" his face lighted up and he looked as pleased as a pig in clover.

The Jefferson is one of the very finest hotels we have seen anywhere. It was named, of course, after Jefferson Davis. In the center of the second floor is an aquarium and palm room. Facing this at one side is the cafe, where we enjoyed the best dinner we had while in the south.

The rotunda of the hotel is spacious and imposing. As one enters the doors he looks up *two* broad flights of marble stairs, into the glass-domed palm room above.

After dinner at the Jefferson we took the street car for the scene of the famous battle at Seven Pines, which is about seven miles out of Richmond. Here we stood on the very ground where the Federal troops, under the command of General McClelland gained an indecisive victory over the Confederates on the 31st of May, 1862.

The negro question is troubling the people of Richmond as well as most other southern

Here one can picture the Virginians of 1860, proud with a pride that reached back to the earliest and best families that came from England, accustomed to regard themselves as the equals of any people upon God's earth, entering upon a great war, albeit with somewhat of doubt and foreboding, to uphold what they believed to be their rights.

The people of the south were not so well acquainted with the people of the north then as now. Intercourse between the two sections was more difficult. The south did not fully understand the steady, invincible purpose which animated the north. Many believed that the north would not actually commence and carry on a war of invasion against the south. They did not comprehend the strength of the northern instinct for the preservation of the Union.

So this glorious dream of a southern empire was allowed to take root and grow. The south should withdraw from the Union, they said, and manage her own affairs as suited her best.

The "White House
of the
Confederacy,"
now the
Confederate
Museum.



cities, though perhaps in a less degree. They complain that the new generation of colored people is insolent and aggressive wherever it comes in contact with the white race. One side of Richmond's main business street is almost wholly given over to negro stores, and the negroes mostly keep to that side of the street in walking. On the street cars the whites and blacks are separated, the blacks being seated from the three rear smoker's seats toward the front, and the whites from the front toward the back. The conductors are very careful to see that the colored people's rights on the street cars are carefully safeguarded, and more than once we saw a conductor stop his car and order the whites to "move up front" in order to make room for some negro who was standing. They tell us that this separation of the races has been productive of good results.

In Richmond one feels and breathes the spirit of the real south, and comes in contact with memories of the Confederacy more frequently than anywhere else. Here the passing of forty years has not obliterated the memories of the "lost cause," the dream of empire which once inspired the south, and of the awful consequences which followed.

And then came the sad awakening, after four years of brave but hopeless struggle, when the south found her fair country devastated by war, her slaves freed, her money supply exhausted, hundreds of thousands of her able-bodied men slain, and scarcely means enough at hand to live from day to day.

It is small wonder that one can still feel in the air of Richmond somewhat of that dream "of a storm-cradled nation that fell."

But the people of the south went to work with a will to build up a greater south than had ever existed before, and Richmond is a wonderful monument to their industry and efforts.

When we consider that all over the south a large proportion of the population is made up of negroes, the offspring of former slaves, owning little property and accustomed to live in what we would consider abject poverty of surroundings, many of them having little ambition to better their condition, it is really wonderful that southern cities and villages can make as good a showing as they do.

Some day we want to visit Richmond again, and eat some real southern corn bread, promised us by one of our friends there.

THINGS THAT MAKE FOR SUCCESS.

A Correspondence Department.

Conducted by the Editor.

If you have discovered something that makes for success, or if you have seen someone find and surmount, or remove an obstacle to success, let us hear about it.

We are publishing herein many bright thoughts from our readers, each over the name of the writer, unless a nom de plume is substituted.

Letters for this department, which must not be too long, should be plainly written, on one side of the paper only, and should not be mixed up with other matters of any description.

To the writer of the most helpful success letter published (as a whole or in part) in this department of any number of the magazine, we will send THE NAUTILUS for two years, to any address, or two addresses, he may designate.

To the writer of the best letter or portion of a letter printed in six months, we will send \$5.00 in money in addition to the subscriptions. Prize winners announced in number following publication of their letters.

—EDITOR.

Success Letter No. 85.

The how, the when and the where, must ever decide the right and the wrong of all things. And the first must decide as to what is success as it is related to the getting and laying up of this world's treasures.

A man or a woman has really achieved success when he has learned to think correctly and weigh well the probable results of his actions and words, and has the force of character to direct these actions and words and not be controlled by them.

I count this achievement the greatest possible success that one can attain. This will open inviting avenues to many ways of prosperity and will bar the "chance alley" to a thousand griefs and regrets.

Most of our stumblings on life's highway rise up before us because these things have not been wisely directed, and we must therefore admit that on this point at least our education has been sadly neglected.

One who has fully realized that "a soft answer turneth away wrath and grievous words stir up anger" has achieved success, or, at least, one of the most important sides of it.

Then kindness will ever leap forward to greet kindness and to make, as in the case of sorrow, the whole world kin. Would you be and become henceforth and ever afterwards a success, guard well thy tongue and teach thy lips to say, "I do not know," and spur your thoughts, your reason and your actions.

Then you'll find success or else before many moons have past it will lay aside all else and hunt you and find you, and will never leave

you if you remain cheerful and keep your faith in God and the future high and bright and strong. This is fidelity.—DR. L. H. HENLEY, Marshall, Tex.

Success Letter No. 86.

An impression made by a scientist of wealth upon one who did not know "The New Thought":

She was a woman far advanced in years, and her face had its wealth of time marks, but her body was as straight as an arrow and her step more buoyant than her daughter's. Her bright eyes caught all the beauty around her. Every flower and shrub and tree upon her place, held its loving interest for her since she had learned that beautiful repose one gets from a close communion with nature. Her wealth did not burden her for she had long since discarded all useless bric-a-brac, dusty rugs and fancy curtains, and even her maids lived the simple life while in her country home. She worked in her garden during the morning hours, drinking in the sunshine, which a week of rain or any amount of trouble could not eliminate.

Everyone loved her and the source of her magnetism was not far to seek. Like the bees in their search for nectar, when they leave behind that golden pollen, the life of the future seed, she had learned to extract some beautiful thought from every soul with whom she came in contact and to pass along a helpful idea to each afternoon caller or neighborly visitor in her quiet garden. The new thought bore its fruit.—W. C. KNOWLES, Washington, Ct.

Success Letter No. 87.

I know the greatest success for anyone is to know the truth and live it. In looking over the many ideas of success that different souls are realizing, do we find any that are free from sin, sickness, sorrow and death? I know a soul that has eight million of dollars, who is now passing out of the body in great suffering. She is a good, kind soul, professing religion. But to profess and not understand the truth will never serve us. As faith and truth is like God (Law) to every soul, an idea, and each one gets the benefit of their ideas, it behooves us to have high ideals and

live them. The first success in truth is to know one's self as being now divine, filled with love and wisdom, then to know and see every other soul as we do ourselves. My daily affirmation to send out into the universe is: That every soul is filled with love and wisdom with God (Law) for their sufficiency. No matter who or where they are. Through this "truth" that alone can make free my success is in having a young, healthy body, contented mind and always happy.

Think the good, not the clever. Thoughts are seeds and grow forever.—"Hoadley."
PATIENCE.

Success Letter No. 88.

If I were asked when has success taken the lead and resulted in the delight and uplifting of thousands of readers and sincere admirers in the upbuilding of a durable structure in the intellectual education and admiration of thousands of readers, it seems to me that one only has to point to a magazine called the "Nautilus." That it is a success of the printer's handiwork, of the editor's ability, of the correspondents' tact and good will, of the illustrator's taste and care and refinement, goes without saying; and so I point to it as proof positive of what success can be accomplished, given energy, love of the work, and fitness for a station which in my humble opinion stands at the head of all professions, that of the editor. Where can we find a better definition of the word success?—ALICE ROBBINS, Baltimore.

Success Letter No. 89.

It was a glassy, slippery morning in February—the kind of a day when it is well for the young and strong to follow the example of the Bible King and "go softly" and wise for the old and crippled to remain indoors.

I was taking my morning walk, devoted to deep breathing and affirmation.

The affirmation for the day was "I am Love," and as I paced slowly along inhaling deeply and strongly "I am," then seeing how many steps I was able to take and hold the breath easily, then slowly exhaling "Love", I saw a short distance before me an old man, a crochety old fellow whom I had reason to dislike, and to whom I never spoke if I could avoid it.

He was standing in the midst of a glare of ice, looking helplessly about him, not daring to take the two or three steps which would bring him to secure ground.

I was so occupied with my affirmations that I did not for a moment realize his predicament, or think of him except to hope that I should not need to pass him in my walk—and calmly went on saying, "I am Love," when like a flash a voice spoke, "If you are Love why do you not act Love?"

Instantly affirmation and deep breathing flew to the winds, and I sped along the street toward the old man, helped him over the icy place and received a courteous, "Thank you, ma'am."

As I resumed my walk I felt that I had had a very narrow escape, for do not the laws of psychology teach us that unless our affirmations result in intelligent action they leave us weaker than we were before?—ROSA.

Success Letter No. 90.

My idea of success is a determination to do everything we undertake better than it was ever done before by anyone. I believe to gain success we need a cheerful, optimistic disposition which no trials can cast down. We need grit, grain, push, patience and perseverance, and whole-hearted trust and faith in ourselves and our God.

We must make our lives and work a pleasure as well as profit.—ECHO MURRAY.

Success Letter No. 91.

The secret of success is to get "luck" on your side, that is, to live in harmony with natural laws which bestow success and happiness upon us—for as we sow so we must reap.

What will determination, persistency and all the other positive qualities of success help a man when he is working against the forces of the universe. He is like a man trying to swim against the tide. It's a hopeless struggle against fate. The best way to help ourselves is to help others.

St. Paul says: Let no man seek his own, but every man another's wealth. Living the Golden Rule not only in word and deed but especially in thought will bring you success and happiness.

If we always think of other people in a loving manner, never of their peculiarities, nor hateful thoughts, they will help us to attain success.—PRACTICAL.

The prize for the best Success Letter in our October number goes to Nellie C. Blakesley, San Francisco, writer of letter No. 84. Here's more success to Nellie, who is evidently expecting it. Will she please let us know what to do with the two subscriptions which are her due?

THE FAMILY COUNSEL.

"Oh, wad some power the giftie gie us
To see oursel's as ithers see us!
It wad frae mony a blunder free us,
And foolish notion."

A DEPARTMENT OF
CONSULTATION AND SUGGESTION
CONDUCTED BY ELIZABETH TOWNE.

In this department I will try to reply to the 1001 odds and ends of life-problems and home interests which are presented to me, answers to which are not of general enough interest to make them suitable for the regular reading pages of *The Nautilus*. Every reader is welcome to what advice and suggestion I can give, and I sincerely hope that with the aid of this department we can reach and help many more people. Welcome, all!

ELIZABETH TOWNE.

J. D. W.—Why not write to some good correspondence school for a list of studies they teach, and then make your selections accordingly? Their charges are very moderate for single studies, and if you work faithfully you can learn from them just as well as from some college. And they will let you pay on the instalment plan, too.

G. T.—Do I "consider Jesus a man born of human parents like one of us, or a saint whose father was God and to whom it is right to pray?" I consider him both "man" and "saint" with a spiritual father and a material one. The Bible traces both his genealogies, his material one through *Joseph*, not through *Mary*. And I consider it right to pray to Jesus or anybody else who fires my high desire. I have prayed to my husband and to my babies, and to my dead mother, and was helped. But I consider it much better and more helpful to pray straight to the God within me and over all.

G. E. T.—I don't know where we pass to after death. Neither does anybody else. And I don't care where. But I am sure in my heart or soul that when I get ready to pass anywhere, if I ever do, it will be to the right place, to the "mansions in the skies" (we are in the skies right now) which are daily preparing for me, by my own thinking and doing here and now, and by the thinking of all the world's people of every time and clime. I am inclined to believe folks who die are reincarnated right here again as little babies, dying and reincarnating over and over again, each time gaining in wisdom and knowledge, until at last they incarnate on the plane of Christ resurrected, after which is no more death. I don't care if reincarnation is not true! It is sensible. And if it isn't true I'll outgrow it in time, just as I've outgrown the Santa Claus idea.

C. E.—"What is the mental indication when the physiognomical sign of an organ is smaller than the corresponding phrenological organ; that is, when the bony framework of the face is small and delicately formed, while the head is relatively larger and well developed?" When in such a case the body is "delicately formed" to match the face, the brain dominates and the

body will be sucked dry of power, unless care is taken to give the body extra opportunity to grow strong. Emanuel Kant was built like that, and he was puny and sickly and very studious, until he learned that he must take time off from mental exercise in which to make his body exercise, and draw its share of energy to properly develop itself. That friend of his of whom Professor James told us in his article in *July Nautilus* was doubtless formed like this. If the physiognomical formation is disproportionately small, whether the body is large enough or not, I should say the person dreams and thinks too much, and *does* too little. He needs to cultivate the faculty by acting it out, instead of resting merely in thinking and dreaming. In other words, "his brain is too big for his body," and he must rest his brain and exercise his body to develop it in proportion. What is true of the brain and the body as a whole is also true of each individual faculty. For this reason a phrenologist will write "Restrain" after faculties marked seven, and "Cultivate" after undeveloped faculties, marked three or four or five.

M. B.—If your nephew has reached the place where he wants to quit drinking, he can do it, and new thought and sensible living can greatly aid him. But, if he is not yet ready to quit on his own account, you might just as well talk to the winds as to try anything with him, except to wait and have faith. The drink habit is just like any other disease. It has to run its course. Palliatives only retard the course. Not until a man realizes what a fool he is, and realizes it good and hard, will he really desire to quit drinking. There was a man here calling yesterday, who gave Haskell's "Perfect Health" to a friend of his who was a great drinker, and, in following the directions of this book the friend lost his appetite for whiskey. It is possible that your nephew might get interested in that way. Haskell's book teaches the no-breakfast idea, plain living, vegetarianism and fasting.

If you could get your nephew interested in the no-breakfast idea and Fletcher's idea of *thorough mastication*, he would soon find himself in a position to control his whiskey habit just as he pleases. There is nothing that stirs up the whiskey appetite like highly seasoned food eaten without chewing.

My son once overheard a man talking on a train. He said he cured himself of the whiskey habit by *eating fruit*. Whenever he felt a desire for whiskey he ate an orange or an apple, and found that he didn't need the drink. He made a practice of doing this, and in a little while his appetite for whiskey left him en-

tirely. Perhaps your nephew will be interested enough to try this.

I have known many people who have taken this advice from me, and have thereby cured themselves of this habit and others: I told them that when they felt they must have the whiskey to take a drink of water first, and then *walk vigorously around the block*, taking deep breathing exercises as they walked, inhaling slowly through the nose, mouth shut, holding the breath as long as convenient, and then exhaling as slowly as they had inhaled. By the time they got back to the place where the drink idea came, they wouldn't want the drink! If they were not in position where they could walk around the block, it would do just as well to raise the window and take a few breathing exercises and gymnastics in front of the open window, along with the drinking of water. Along with this, I told them to make emphatic affirmations, morning and night, to the effect that they did not care for whiskey and that they glory in having clear brains and healthy bodies. I told them in between times to forget about the whiskey, and keep away from whiskey associations as much as possible; but whenever they couldn't help thinking about it, to affirm their freedom very emphatically, and follow the directions for drinking water and breathing.

I likewise told them not to worry if they did slump back and take a drink, but to forgive this and forget all about it as quickly as possible and go right along with the practice.

It is simply a case of forming a new mental habit, and this practice will form the habit, so that in a short time there won't be any lapses. What lapses do occur are not to be taken seriously, but are to be forgiven and forgotten as quickly and easily as possible.

Now, don't let your nephew or anybody else make you believe that he *can't* quit drinking. He *can* do those things which will make drinking an obsolete desire. And, if he doesn't want to change himself enough to follow these directions, he is not yet ready, and you might just as well leave him to his grovelling until he is ready. In due time he will get disgusted enough with himself to make him follow these directions, or any other that afford the slightest chance of relief.

If I were in his relative's place, I would fire him bodily and instantly from that position of responsibility. He would *not* waste my money and business in such a fashion. And it does him *no good*, only postpones the day when he will have to get down into the gutter and realize what he is and where he is. And when he gets down there he will begin to realize that he doesn't want whiskey and its associations as much as he imagined. *Then* he will be willing to do something for himself. Let him stand on his own feet and take the consequences of his own actions and the whiskey disease will run its course the more quickly.

If your nephew will get interested in new ways of living *between* his sprees, he will soon find that the spree times won't possess him. All depends upon whether he has yet learned his lesson and *really* wants to quit.

Circle of Whole-World Healing

Conducted by THE EDITORS.

Would you be at peace? Speak peace to the world.

Would you be healed? Speak health to the world.

Would you be loved? Speak love to the world.

Would you be successful? Speak success to the world.

For all the world is so closely akin that not one individual may realize his high desires except all the world share with him.

And every Good Word you send into the world is a silent, mighty power working for Peace, Health, Love, Joy, Success to all the world—

Including yourself.

Will you join all the readers and the editors of *The Nautilus* in daily periods of Whole-World Healing? No memberships, fees or special duties, no joining of anything but a spiritual movement. The entire visible sign and direction of this Circle of Healing appears in this column, in each number of *The Nautilus*. You join the Circle in thought only; no letters, fees, etc., are connected with it. You are free to secede when and how you choose.

No duties are attached and only one privilege: That of holding your own version of the thought expressed herewith, sending it out to all the world each night before you sleep, and as many times during the day as you think of it.

Each number of *The Nautilus* will carry in this column the thought to be used daily until the next number appears.

The emolument of membership in this Circle is, *The Cosmic Consciousness*.

Which includes Health, Happiness and Prosperity to every Creature.—THE EDITORS.

* * *

Key thought for daily meditation:—

Oh, Soul, all the universe bestirs itself to help you fit in and be happy. All the beauty of the universe is pressing OUT through you into expression. All things that you desire are welling up within you, pressed upward by a ceaseless and almighty urge that CANNOT be gainsaid. There is nothing you ever dreamed of, or hoped for, or longed for, even in your moments of wildest imagining, that is not actually pressing, pressing, urging, to rise through you into visibility—that is not doing its best to well up and transform you and all your environment with its radiant, beautiful flow. Eye hath not seen nor ear heard, nor hath it yet entered into the heart of you to conceive the glories that are aching to flow through you and be free. There is more beauty, and art, and brilliance, wit and wisdom, fine raiment and money trying, trying to come upward and outward through YOU, dearie, than this blessed world has yet seen.

—Elizabeth Towne.

Little Visits

A Cosy Corner Department where everybody chats and the Recording Angel puts down what she can find room for.

More Teachers of New Thought:—

The mental science college at Bryn Mawr, King County, Wash., founded by Prof. M. F. Knox, teaching individual unfoldment for *life, health and success*, graduated 57 students, many of whom will go abroad to teach *New Life*. Closing exercises were held on August 21, 22 and 23. The largest, strongest and best prepared class ever sent from this college.—MARIE M. VROOM.

Mirror Photos:—

Did you ever try the experiment of taking your own photograph? Worth while. Sit before a *good mirror*; look "pleasant"—or merely a little less cross than usual, and "there you are." The advantage is that one may see the *exact expression* that will be photographed; which of course cannot be done when the pose is of the "store" variety. Try it.—MAURICE.

Regarding Musical Development:—

In answer to J. R. B. in September *Nautilus*, regarding musical development of her child and cultivating interest in her ideal, Paderewski, I offer the following plan, having found it very beneficial in my own life, regarding several different subjects:

1. Make a portfolio of all portraits of Paderewski, his family and pictures of his home, etc., that you may have or secure in the future, remembering the (for this purpose) very satisfactory "penny" pictures. Mount neatly on matting or cardboard of harmonious shade, rather large size, each large picture to be mounted alone on a page though several small ones from magazines may be tastefully arranged together.

2. In an *indexed* letter file such as are used in offices (it may have a picture of Paderewski on top), arrange newspaper clippings and magazine articles concerning him: (a) biographical sketches, (b) criticisms of works, (c) regarding his concerts, etc.

Any general musical subject of interest will find a place in this file.

And be sure to reserve one section for funny incidents of noted musicians and humorous quips on subject of music.

You will enjoy these and they will be very convenient for musical entertainments in the future.

The necessary reading, arranging, etc., assist in keeping one in harmonious vibration with the subject.—V. K.

Old Maids in England:—

I wonder if the writer of the excellent article on "Old Maids" knows much of life in Eng-

land? If so, she would perhaps recognize that here, at least, the unmarried women are part of the nation's strength. I know several at the present time, women of means, who have had several offers, but are celibate from choice, and doing pioneer work, like Miss Octavia Hill, in our large cities. It is a risky thing to deal with isolated texts, but I wonder sometimes what Jesus of Nazareth had in mind in that canon's saying: "There are some eunuchs who are eunuchs born." The world, perhaps, has not understood it. I am tempted to think that there are a few men and women who *do* understand it in our complex civilization today.—E. G. W.

To Correct Mouth Breathing:—

Will you kindly tell "Jane Munnah" whose letter appears in the October *Nautilus*, to use surgeon's plaster, which comes in small and large rolls, for closing her husband's mouth during sleep? I was told by a physician, several years ago, of the evils of mouth breathing, and a trained nurse suggested the plaster. You can buy sheets of plaster, the quality being a little nicer, possibly, and a friend of mine prefers it; it is more expensive, however, for regular use. The inch wide from the roll can be used for covering the lips entirely, or a piece can be laid on the middle of the mouth. I have a brace, which I paid a dollar for and—it hangs in the closet; give me the plaster, every time; I do not blame any one for pulling the brace off before morning.—EMMA BRIGHAM.

Comfort for Old Maids:—

Read the article in your September *Nautilus* by Adelaide Kern, "Old Maids," and then compare with Edgar L. Larkin's "Radical Things" in July *Balance*, and you certainly have two extremes. Both articles are rather "stunning."

Surely "happiness" is neither dependent upon "married" nor "single" life; but simply upon the "price" we are willing to pay for it. Whether we recognize it or not—the fact remains the same—"Mother Nature is a strict accountant," and each of us (married or single) will receive exactly in accordance with our attitude in giving; and this statement holds good on all planes of life. Therefore, I say "Take courage old (?) bachelors and old (?) maids, you can enjoy youth, health, HAPPINESS and riches in as large a measure as you are *willing* to pay for the gift,—the price being self-denial based on *true* self-respect, self-reverence, self-mastery. Study to 'know' yourself, and you may become Master of every situation. No attainment too high for us to reach, if we will work for it—pay the price. Only in so far as we know ourselves, will we know and understand our neighbors, be they tree, bird, beast or man. We can not think too well of ourselves, thereby glorifying the All-Father, leaving the channel open for perfect life to express itself. When we keep our eye single, and the 'camera' focused right, there is no danger of our 'picture showing off foolishly' on or through the external self."—MARIE JESENUS PETERSEN, Chicago, Ill.

In Health for September appears this good letter from Henry Wood. Show it to your friends who want a definition of new thought.
—E. T.

To the Editor of HEALTH:

In the August issue of your magazine the associate editor, Dr. Carr, in his very interesting article entitled "Christian Science, Pro and Con," says near the close, "It is my sincere hope and wish that out of Christian Science will spring up a cult that will conserve the good elements of this strange belief, and eliminate the fanaticism that separates it from ordinary human beliefs and activities."

In such connection it seems proper to note that there is a widespread movement which deserves notice and "fills the bill." It is more than a cult and is independent of Christian Science. As it is non-sensational, rational and not extreme, it has not received the general attention which it deserves. It has no quarrel with Christian Science, and recognizes what is good in its much talked of neighbor, but it is different. It is popularly known as the New Thought, also as mental science or the metaphysical movement. It aims to conserve the truth, old or new, while avoiding extremes and irrational philosophy. Its authority is internal and voluntary, and it owns no allegiance to person, institution or official board. It accepts the validity of matter and the body and holds that both, though subordinate, are real and beautiful in their place and order. While definitely psychical and spiritual it is broad and constructive and teaches the observance of hygienic law, and when desired does not refuse some co-operation with the old systems. It recognizes that before a full measure of ideal truth can be accepted and applied, a great educational work must be done. Spiritual development, rational auto-suggestion, cultivated optimism, pure living and high thinking are some of the means which are to be relied upon for the healing and harmonizing of mind and body.

Its general philosophy is now being favorably received, and in some measure applied by many progressive clergymen. A rather notable concrete instance is found in the case of Emmanuel Church, Boston. The example of that great parish in the practical application of this constructive truth is very significant.

As the movement is quiet and internal in its methods, without much dependence upon outward organization, many are not aware of its spread and beneficent progress. Treatments, when needed, are rated as normal, but health is also teachable by intelligent, spiritual and psychological education. Hypnotism and animal magnetism are not employed or endorsed, but the practice of intelligent auto-suggestion is highly commended. Silent communion with, and receptivity to the Universal Spirit, and an open mind toward everything which is lofty and ideal are exceedingly helpful.

The greatest forces in nature are mostly silent and unobserved, and while the New Thought does not make much commotion compared with Christian Science, its silent march is rapid and its utilization notably increasing.

Sincerely yours,

HENRY WOOD.

A World Nap.

Were I to adopt a pet idea as so many people do, and fondle it in my embraces to the exclusion of all others, it would be, that the great want which mankind labors under at this present period is sleep. The world should recline its vast head on the first convenient pillow and take an age-long nap. It has gone distracted through a morbid activity, and, while preternaturally wide awake, is nevertheless tormented by visions that seem real to it now, but would assume their true aspects and character were all things once set right by an interval of soul repose.—Hawthorne, "Mosses from an old Manse."

Ars Aemula Naturae.

Suggested by William's Work with the Camera.

William was a naturalist,
And William was a poet;
William was an artist, too,
And wished the world to know it.

And so he bought a camera,
(Great was the consternation!)
And stood upon a mountain-top
And photographed creation.

He photographed his smiling wife
While pointing at a tree-top;
He photographed each bird and beast
Within a mile of Netop.

With each succeeding work of art,
His negatives grew neater;
He photographed each bird and beast—
But Catherine was sweeter!

At last he cried: "Behold in me
The artist of my cycle!
To find my peers, search bygone years
For Raphael and Michael.

"In Roman and in Florentine
Alone I find an equal:—
My art is high—I'm near the sky—
And Fame will be the sequel!"

—TRISSOTIN.

Take Them Out

Feed Them Food They Can Study On

When a student begins to break down from lack of the right kind of food, there are only two things to do; either take him out of school or feed him properly on food that will rebuild the brain and nerve cells. That food is Grape-Nuts.

A boy writes from Jamestown, N. Y., saying: "A short time ago I got into a bad condition from overstudy, but mother, having heard about Grape-Nuts food, began to feed me on it. It satisfied my hunger better than any other food, and the results were marvelous. I got fleshy like a good fellow. My usual morning headaches disappeared, and I found I could study for a long period without feeling the effects of it.

"My face was pale and thin, but is now round and has considerable color. After I had been using Grape-Nuts for about two months I felt like a new boy altogether. I have gained greatly in strength as well as flesh, and it is a pleasure to study now that I am not bothered with my head. I passed all of my examinations with a reasonably good percentage, extra good in some of them, and it is Grape-Nuts that has saved me from a year's delay in entering college.

"Father and mother have both been improved by the use of Grape-Nuts. Mother was troubled with sleepless nights, and got very thin, and looked careworn. She has gained her normal strength and looks, and sleeps well nights."

"There's a Reason." Read "The Road to Wellville" in packages.

"All Wisdom of every degree from every kingdom rushes to a focus in any single human form."

—Starr King.

When replying to advertisements please mention THE NAUTILUS.

The Way the Wind Blows

Friends, the Wind Blows toward the new heaven on earth! We are all wafting that way. If you are not TOO BUSY you can see such indications all about you every day. And every paper and magazine you pick up contains little straws that show it! Here are a few the editor and some of our friends have culled while reading the daily papers and weekly reviews, etc. We shall be glad to have our readers keep an eye out for other Straws that show the way the Clean Winds blow, sending us any items they may think suitable for this column of very brief mention.—E. T.

The W. C. T. U. in keeping everlastingly at it, accomplish many things. They have succeeded in having all liquor advertisements removed from the street cars of the state for the next ten years, excepting where old contracts are running.—*Holyoke Transcript*.

"The supreme need of the hour is not elastic currency or sounder banking, or better protection against pains, or bigger navies, or more equitable tariffs, but a revival of faith, a return to a morality which recognizes a basis in religion, and the establishment of a workable and working theory of life that views man as something more than a mere lump of matter." —SERENO S. PRATT, Editor of *Wall Street Journal*. (In an editorial.)

Mr. and Mrs. Clarence Mackay are tired of the most interesting of the young people in the very rich and socially prominent in New York. While they live magnificently, entertain splendidly and patronize the race track, they also do things. Mrs. Mackay writes books and runs the public schools of Roslyn, L. I., as a regularly elected member of the school board. Mr. Mackay has built a cable under the Pacific and quite astonished Wall street this week by letting it be known that he practically controlled the telephone system of the country. A son was born to this interesting couple this week, and in honor of the event all of the employees connected with their homes, have received checks equal to two weeks' wages.—*Holyoke Transcript*.

Sometime ago, in Grand Rapids, Mich., the pastor of the largest Baptist church invited a minister of each denomination in the city to occupy his pulpit, each having a Sunday evening for the purpose, each minister to give a history of his own denomination. This invitation included Roman Catholics, Dutch Reforms, Jewish, etc. All took advantage of this opportunity except the Catholic priest, who was obliged to decline, as it was not permissible for a priest to occupy a Protestant pulpit. He, however, replied with a cordial note, expressing his approval of the move, and hope for its success. The church was crowded on each occasion, which was thoroughly enjoyed by all, with the possible exception of three or four ancient deacons.—K. W.

Anent Books and Things.

When sending books for review please remember to give selling price, and address where book may be obtained. We notice on this page all cloth-bound books sent us, and as many paper bound ones as we can find space for. Small space forbids our reviewing music.
—E. T.

—"The True Basis of Christian Faith" is a neat brochure by Justin Lewis. Published by L. J. Lincoln, 84 Worcester street, Boston. Price not given, probably 25 cents.

—"The New Improved Perpetual Planetary Hour Book," revised and enlarged, second edition, is written by Llewellyn George of the Portland School of Astrology, 266 Clay street, Portland, Ore. Price 50 cents.

—"The Nature Cure Series. Vol. 1," is a neat 90-page paper bound book, by Henry Lindlahr, M. D., whose picture appears as frontispiece. Price 25 cents. Address, 308 Ashland boulevard, Chicago.

—"Stowe's Bible Astrology" is a 216-page volume, board covers, written by Lyman E. Stowe. "Right Hours to Success" is also written by this veteran astrologer. Price, \$1.00 each. Address Mr. Stowe at 133 Catherine street, Detroit, Mich.

—"Mental Science as a Guide to Health, Happiness and Business Success," is a logical and orderly statement by the late Albert Chavannes, which students will do well to consider. For sale by Mrs. Cecile Chavannes, 308 Fourth avenue, Knoxville, Tenn.

—Here is a box of "New Thought Powders," put up by Helen Potter, Garvanza, Cal., sold for twenty-five cents. About three dozen "powders" to the box, warranted to cure (if properly used) grief, fear, depression, poverty, etc., and last forever! "Powders" purely mental, contributed by many new thought writers.

—"Soul Help for Invalids" is a good little book by Mary Robbins T. Mead of Watkins, N. Y., who has taught new thought many years. It must have helped many students, for it is now in its fifth edition. Price twenty-five cents. Another of Mrs. Mead's inspiring booklets is "A Soul in the Sunlight," paper bound, price ten cents.

—"Wee Wisdom" has enlarged its mission to include the children who are pretty nearly grown up. In September number appears the first instalment of a serial for youths, "The Story of Love," written by Myrtle Fillmore. *Wee Wisdom* has been published many years and is the only children's new thought periodical extant, I believe. Unity Tract Society, 913 Tracy avenue, Kansas City, Mo.

—"Essays on India" is a most interesting and brightly written booklet by Saint Nihal Sing, famous East Indian "globe-girdler" and journalist, whose views are as original as his knowledge of India is extensive. This booklet contains twenty-seven large pages, paper bound, and can be obtained of the author at 52 Hamilton avenue, Chicago. No price given, probably twenty-five cents.

Trouble From Coffee

People Beginning to Learn about the Drug.

"Coffee treated me so badly that I want to tell people about it, and if you can use my letter, I will be glad.

"I am forty-five years old and have drank coffee all my life. I have felt bad for years and did not know what ailed me. Sometimes I would have to press my hand against my heart, I would be in such pain and I got so I could hardly do my work. My head would feel heavy and dizzy, and many a time I got so blind I just had to drop down or else I would have fallen.

"I felt bad all over. My feet would swell and hurt me. A friend of mine asked me to try Postum and stop drinking coffee. I tried the Postum, but it was some days before I got hold of the right way to make it. My heart disease and dropsy disappeared and I got entirely well.

"There is much in making it. It has to be boiled longer than ordinary coffee, but when I got it made good, it was fine, and now I wouldn't have coffee in my house at all. I am sure that Postum saved my life, and I am now perfectly well. I send you the names of about twenty people that have been helped by leaving off coffee and using Postum Food Coffee."

It's worth while to read "The Road to Wellville" in packages.

*The flighty purpose never is o'ertook,
Unless the deed go with it; from the
moment*

*The very firstlings of my heart shall
be*

The firstlings of my hands.

* * * *

*No boasting like a fool;
This deed I'll do before the purpose
cool.*

—Shakespeare, *Macbeth*.

THE NAUTILUS Bound Volumes

We can now supply bound books of *The Nautilus* for Volumes VII, VIII and IX, containing the 36 numbers from November, 1904, to October, 1907, inclusive.

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With these two volumes and a year's subscription in advance (all for \$5.00, foreign postage, 36 cents extra) you will have the complete set of Lessons, which for the first time reveal publicly the "Secret Doctrines" of the Yogis. One adept who was a personal friend of Mme. Blavatsky's pronounces this the clearest, most complete exposition he has ever heard or read.

Buy these books and make sure of the complete series, for there is no certainty that the articles will ever appear in book form.

In addition to the "Rhythmic Breath" series these volumes, VIII and IX, and the advance subscription, will give you the complete "New Physiology" by Wallace G. Wattles; "Practical Telepathy," Ellen Price; Mrs. Kingsley's fine "Meditations"; many beautiful poems, and some prose by Ella Wheeler Wilcox; many poems by Edwin Markham; besides about **500 Other Articles** by the best writers, on all phases of new thought. See prospectus for \$5.00. Order of

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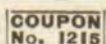
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New Science of Living and Healing

—OR—

The New Physiology

BY WALLACE G. WATTLES

Nothing ever published in *The Nautilus* attracted wider attention or more favorable comment than the series which forms the body of this new book. A ninth chapter, a very important one, has been added, which gives the practical application of new science in the cure of disease. This chapter tells **just how** and **just why**, and relates several amazing instances that positively prove the author's views to be correct.

The following synopsis will convince you of the importance and great interest of this new book:

1. The Source of Work-Power—Mind Produces Body—Pseudo-Science of Medicine—Brain a Storage Battery—A Japanese Soldier—Protracted Fasts—How the Brain is Charged—Why We Feel Stronger After Eating—Hunger—How to Prove the New Physiology—The Stomach's Work.

2. Sleep—Vital Power Received, not Generated—Vital Organs Operated by Brain Power—How to Cure Diseases—How Exercise Affects its Object—How to Charge Your Brain—How to Direct Brain Power—In Death by Starvation.

3. How to Use Sleep—Breathing—Connection Between Air and Energy—How to Ventilate—Drafts and Their Use—How Air is Purified—Only One Power Can Cure You—Physical and Mental Relaxation—To Gain Strength—Insomnia Cured—Healing While Sleeping—A Formula for Sound Sleep and Health.

4. Scientific Living and Healing—Auto-Suggestions of Materiality—Loss of Appetite in Sickness—Brain and Nervous System—How to Treat the Sick—Coughs, Colds, Hay Fever, Their Cause and Cure—Fat and Body Sewage—Germ Diseases and Their Prevention—A Sane Regime of Living—Life Stored in Brain During Sleep.

5. Mind Cures—The Only Healing Power—How Medicine Acts—Power that Runs the Liver—Massage and Exercise—A Mustard Plaster—Brain, not Exercise, Makes

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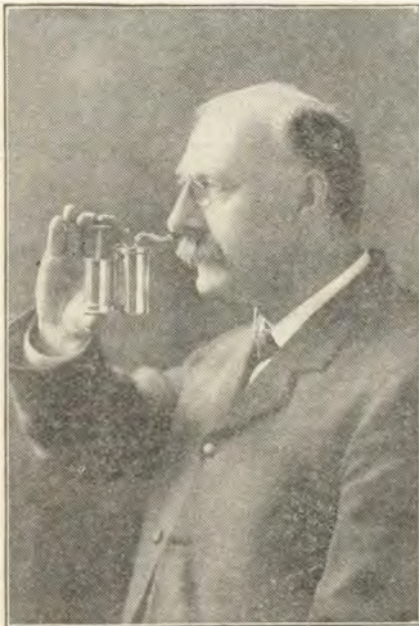
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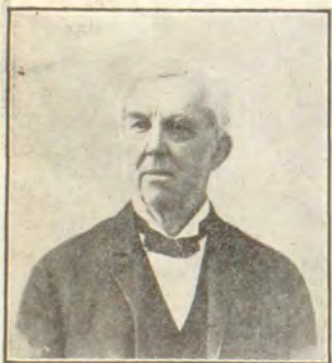
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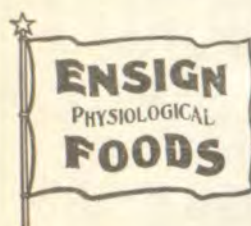
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Gentlemen: "I feel it is my duty to write you this letter on behalf of your pads. I received it in due time and followed directions as best I could and want to tell you that I am a well man today, free from ache or pain, after suffering with rheumatism and lumbago. You can use this letter as you see fit and will gladly answer any letter I may receive."

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HOW SHE CURED HERSELF

Let me tell you, if you world have sought my se have any superfluous hair, I prepare my treat- how to free yourself as ment myself. It is abso- nature intended. For lutely pure and harmless, years I tried to rid my- My business has grown self of that awful disfig- wonderfully, and only be- urement. I tried many cause of the real merit of remedies without success, my home treatment. With Finally, on the point of it you can cure yourself desperation, I vowed I privately in your own would do for myself what home. Remember, I am a others had failed to do woman, and I have suf- for me. This became my fered as you probably do, life's ambition. I went and let me impress upon abroad. I studied under your mind that every the best professors, seek- patron of mine has my ing a scientific education confidence and I hers. to learn how in a natur- Nothing would induce me al, safe and sure way I to make known a single could rid myself forever name, not even the large of all superfluous hair. amount of money that I accomplished my purpose. would come to me were I learned the one and some of the testimonial only method true to na- letters sent me made pub- ture for permanently lic—but they never will be. If you want to be rid safely removing objection- hair by a home treatment able hair. I naturally be- that is safe, positive and came enthusiastic. I re- true to nature, write me solved that I would help to-day (enclose stamp). other women to do for themselves what I did for myself. Little did I re- Under plain stationery I alize how such an under- will tell you all. FLOR- taking would develop. The ENCE HAWTHORNE, 286 best known women in the White Plains av., New York

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THE BEAUTIFUL. Art plates and Nature Photos intensely interesting and reliable. Postpaid (sealed) only 25 cen's. Nau., S. X.

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An educated Psychic will answer one question for 10 cents, three for 25 cents. Full reading, \$1.00. Do not forget to send two-cent stamp for return postage. You who are out of harmony let me help you. Address:—MRS. H. A. DARROW, Box 205, Lincoln, Neb.

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I want everyone to know that I can heal them. I want to show you the healing virtues and potency my treatment contains, so will give two weeks' treatment free to all who will send plainly addressed and stamped envelope. I also have a mechanical device that will help to draw away the blues, cure poverty, diseases and bad habits; also a key to concentration, and developing all your higher powers. Address IDA WELSH, N. Bellville, Ill.

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Prof. Kohnradt, the Great Psychometer, Clairvoyant, and Astrologer of the Twentieth Century, will tell YOU the ARCANES of your LIFE—the Occult Power that will make YOU master in every event of life. He tells YOU what it IS, and how to employ its Magic Force, through the medium of YOUR OWN MIND. To know this Secret Force, is to be forewarned; to be able to apply its Power, is to be forearmed; it is to gain the victory in every walk of life. DO YOU WANT THESE? Then send 25 cents, no stamps, name, date of birth, and ANY SEVEN QUESTIONS, to

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YOUR FORTUNE TOLD FREE

My Advice May Mark the Turning Point in Your Life—Unlock Closed Doors Leading to Avenues of Usefulness—Turn Defeat into Victory.

Knowledge is Power. To know yourself and the times when you can make the most of your inherent powers is to become the Architect of your own Destiny.

You can know how to plan for weeks, months, years ahead. Your life if not the Product of Luck. Success should attend your efforts if they are guided by Astrology. You should be in the possession of the reading I offer to send you free.

It will demonstrate my ability. You will be astonished and surprised that a perfect stranger can know you so well.

You, in writing to me, are communicating with one who has made Astrology a Life Work. All that could enrich my knowledge of it has been taken advantage of. I have visited Rome, Athens, Palestine and elsewhere to fully equip myself for my Mission of Helpfulness. Institutions of learning have honored me with Membership and have listened to my lectures. Years of experience, gained while seeking to guide thousands of persons, have enlarged my knowledge, giving me the power to be of the best value to my clients.

By my System you can know the kind of persons for you to have advantageous relationships with. The seasons that may be used with great profit to yourself will be indicated. You will be shown what will be best for your health.

As you desire to succeed in the affairs of men, of business, of love, of family, of society, of honor and of usefulness, you should be sensible and write me, confidentially, at once. You know of persons high on the Roll of Fame who are frequently consulting Astrology when they wish to speculate or to embark in new enterprises. This same Science is at your disposal. Will you seek its help or will you continue to be outstripped by those who are no brainier than you, but who know what to do and when to do it. That is why they win.

Three letters of gratitude are here printed. While all letters are confidential and are so considered, these people were so grateful that they insisted on recommending me to others. What I have done for others is an assurance of what may be done for you. Your life may be cheered and benefited because my advice is given to you.

Everything you predicted in my Horoscope came to pass as accurately as clock work.

Says his Horoscope is worth \$100.00.

Says she followed my advice and secured a position at a much higher salary than she anticipated.



MISS BERTHA AXT

Newark, N. J.
Feb. 11, 1907.

Dear Mr. Postel:

My marriage took place just as you predicted and I am the happiest woman in the world. In following your advice, I married the only man to make life a grand success for me. I feel that you are the one really great Astrologer to whom the American people should turn for advice and counsel. Everything you predicted in my Horoscope came to pass as accurately as clock work. My friends are all sending to you for their Horoscopes.

Sincerely your friend and patron,
Bertha Axt.

Some have written me because they were curious. My Reading has convinced them. They are now in constant consultation with me. They are now most willing to be guided by me.

When you write state the day, month and year of your birth. Also sex; if single, widow or widower. It does not matter what your religion, your position in life, the ordeals you have passed through. Astrology will aid you in all matters. There is before you an offer of great value to you. Show your appreciation of it.

My Reading of your Life will make you my friend. You will endorse me to others. In this way I will get pay for my Free Reading. If you wish you may enclose 10 cents (silver or stamps) to pay postage and clerical work. However, the reading will be promptly sent, whether you enclose the 10 cents or not.

Address plainly **PROF. ALBERT H. POSTEL, Dept. 676, No. 126 West 34th Street, New York, N. Y.**

When replying to advertisements please mention **THE NAUTILUS.**



MR. A. BROAD

Brandon, Man., Can.
April 3, 1907.

Prof. Postel,
My Dear Sir:

My Horoscope is the best instrument of guidance that I have ever had put in my hands. * * * I would not take a hundred dollars for the information you have given me, unless I was sure that I would get another one as accurate as this one. * * * I feel as though it is my duty to help my fellow men along, and on these grounds I will agree to answer any inquiries upon receipt of a two-cent stamp to cover postage. I remain,

Yours very truly,
A. Broad,
Real Estate Agent.



MISS BERGILLOT HORNE

Lynchburg, Va.
March 1, 1907.

Prof. A. H. Postel,
New York, N. Y.

I write to inform you that I am indeed thankful that I received my Horoscope from you just when I did. I followed your advice and succeeded in securing a position at a much higher salary than I anticipated. I consider the Horoscope worth hundreds of dollars to me, and wish you much success in your grand work.

I took the trip to Europe and many things happened just as you said. Sincerely yours,
Bergilot Horne.

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By Advertising in The Nautilus.

Others Are Making Big Money, Why Not You?—Expand Your Business?—Advertise—If You Have Something Good to Sell, Make it Known to NAUTILUS Readers—The Right Kind of Advertising Pays in Nautilus and Pays Well.

Read the following unsolicited letters:

Greenville Kleiser, publisher, 1267 Broadway, N. Y., writes: "From a small announcement in the NAUTILUS I received over ten times as many answers, accompanied by remittances, as from any other half dozen publications."

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St. Laurent Brothers, manufacturers of Peanut Butter, Bay City, Mich., write: "We have tried other magazines but we think yours the best."

A New York Graphologist, who had been using only one inch monthly in Nautilus, writes: "Herewith check for another month's ad. Received 134 replies last month, and at least half of them were for 50 cents readings."

Just give us a trial. Count not more than 80 words to the inch.

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One inch.....	\$ 4.00
One-fourth page.....	14.00
One-half page.....	25.00
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Our terms are cash with order. No discounts for time or space.

Stock company investment ads. not accepted.

Orders must reach us not later than the 6th day of month preceding date of issue in which you wish ad. to appear. Let us hear from you! Address all orders to

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Address **GEO. C. PITZER, M.D.,**
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If you want to know how to use the powers of your mind in Prevision, Telepathy, Self-Healing, Weather Forecasting and Mineral Divination, send stamp for pamphlet. **COUGHER MENTAL TRAINING SCHOOL,**
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At our expense. No difference what your ailments, mention them. Treatments in your own home, no difference where you live. Our methods are new and superior to all others. Rev. Anseen, Greensburg, Pa., writes: "You cured my wife. She is now stronger and better than ever before, and Miss Johnson whom you treated for nervous prostration is well." Hundreds write similarly. 25 cents cake "Natural Beauty Culture Soap" prepaid 12 cents. Address **HYGIENIC INST. N., 182 State St., Chicago.**

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Do you need it in money, health, friends, environment, etc. If you do I can positively help you secure it. Prayer is desire, desire is thought, and thought is creative. "Co-operative thought generates power." Stamped and addressed envelope, with \$1.00, for six daily helps.

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THREE CONCEALED QUESTIONS ANSWERED FOR 25c

Write on a card the three most important questions you desire to have answered. Glue your letter securely, be sure it cannot be opened without your knowledge—no seals (they break before they reach me). Enclose envelope containing questions in a second envelope, together with your birth date, 25 cents coin, (no stamps) and postage. The questions will be read, answered and returned unopened. Address:—

MRS. WARNER, 823 W. 168th St., New York City.

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Painless Home Treatment. We will send any one addicted to Opium, Morphine, Laudanum or other drug habit a free trial treatment of our most remarkable remedy. This free trial sometimes effects a perfect cure. Confidential correspondence invited from all, especially physicians.

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THE NEW THOUGHT CORRESPONDENCE CLUB

For the purpose of introducing New Thought Readers. Object to exchange ideas and broaden each other's views, and if wishing to become personally acquainted, after an extended correspondence, by addressing the club, name will be given. On receipt of one dollar, you will receive a slip enrolling you a member for one year. An opportunity to become acquainted with people in different parts of the world. Give description of yourself and your ideal of correspondent. Our members write us of very satisfactory correspondents. Address: **NEW THOUGHT CORRESPONDENCE CLUB, Station A, Box 84, Boston, Mass.**

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BROWN TABLETS are well known as a quick and convenient remedy for functional diseases of the stomach, as well as many afflictions of the throat. Any person with a weak stomach, bloating, belching after meals, should not be without them. They destroy all odors of the breath, and palliate many of the distressing symptoms of catarrh. Send 10 cents for large trial box and you will never willingly be without them. They are a splendid remedy, and do not contain narcotics or any harmful drugs. Guaranteed under **PURE FOOD AND DRUGS ACT, U. S. A., June 30, 1906. Guarantee No. 8888. BROWN TABLET COMPANY, 187 State St., Detroit, Mich., U. S. A.** Write for our liberal terms to agents and free illustrated booklet.

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LOVE Send 2c Stamp **BUSINESS**
MARRIAGE and Birth Date. **HEALTH**
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Why Not Know Your Future as He Sees It?

Your Real Life Told At Last!

**Remarkable Psychic Astrologer
Tells Past and Future with
Amazing Accuracy to all who
Write, Absolutely Free.**

What Does Your Star Say You Will Do The Balance Of This Year?

Would you like to know, for the asking, what the future has in store for you? Would it be any advantage to you to know how your health will be; how your business will go; whether you will be happy or unhappy; what your weak points and strong characteristics are, and how to improve your condition, financially, socially and physically? If so, here is an opportunity you should grasp at once. It will cost you nothing. If you are pleased, tell your friends. That's all. You will be doing them a favor.

Professor H. Spencer Lewis seems to have lifted the veil of mystery that has enveloped the science of Astrology for centuries past. Combining his knowledge of Psychic Force with his wonderful system of Astrology, he has brought his method down to an absolutely scientific basis, reading the strange workings of the planets under whose sign one is born with amazing accuracy. So startling are his predictions that those who receive them are almost carried back to the days of great miracles and forced to believe that Professor Lewis must be possessed of a strange but wonderful power. Even astrologers stand amazed at the accuracy with which he foretells the future.

If you wish a free reading of your life, with predictions for the balance of the year, on a beautiful Astral-Psychic Chart; if you wish to know your lucky and unlucky periods; what pitfalls to avoid; what opportunities to grasp; suggestions on business, friends, enemies, love, marriage ties, travels, sickness, deaths, etc., write a short letter to Prof. H. Spencer Lewis, Room 80, No. 43 West 27th St., New York City, and you will receive it by mail without delay and absolutely free. Be sure to give date of birth and age and spell out your first name and last name and write your address plainly. Kindly send two-cent stamp to cover cost of mailing, and Prof. Lewis will send you your reading and a free copy of his new and finely illustrated book, entitled, "Your Past, Present and Future Revealed," without any charge whatever. Be sure to tell your friends.

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HOW I TOOK MY WRINKLES OUT

**After Massage, Creams
and Beauty Doctors
Had Failed**

By **HARRIET META.**

Trouble, worry and ill-health brought me deep lines and wrinkles. I realized that they not only greatly marred my appearance and made me look much older, but that they would greatly interfere with my success, because a woman's success, either socially or financially, depends very largely on her appearance. The homely woman with deep lines and furrows in her face must fight an unequal battle with her younger and better looking sister.

I therefore bought various brands of cold cream and skin foods and massaged my face with most constant regularity, hoping to regain my former appearance. But the wrinkles simply would not go. On the contrary, they seemed to get deeper. Next I went to a beauty specialist, who told me she could easily rid me of my wrinkles. I paid my money and took the treatment. Sometimes I thought they got less, but after spending all the money I could afford for such treatment, I found I still had my wrinkles. So I gave up in despair, and concluded I must carry them to my grave. One day a friend of mine who was versed in chemistry made a suggestion, and this gave me a new idea. I immediately went to work making experiments and studying everything I could get hold of on this subject. After several long months of almost numberless trials and discouragements, I finally discovered a process which produced most astounding results on my wrinkles in a single night. I was delighted beyond expression. I tried my treatment again, and lo and behold my wrinkles were practically gone. A third treatment—three nights in all—and I had no wrinkles and my face was as smooth as ever. I next offered my treatment to some of my immediate friends, who used it with surprising results, and I have now decided to give it to the public. I will send further particulars to anyone who is interested, absolutely free of charge. I use no cream, massage, face steamings or so-called skin foods, there is nothing to inject and nothing to injure the skin. It is an entirely new discovery of my own, and so simple that you can use it without the knowledge of your most intimate friends. You apply the treatment at night and go to bed; in the morning, lo! the wonderful transformation. People often write me, it sounds too good to be true. Well, the test will tell. If interested in my discovery, please address **HARRIET META, Suite 52 B, Syracuse, N. Y.,** and I will send full particulars.

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The Great Blood Tonic. Restores strength in a few days
The Discovery of a French Physician

New rich blood in a few days. Think of it; think of driving out all the old anemic watery blood, and replacing it with rich and pure blood full of energy—giving red blood corpuscles. That's just what HEMOFLUID, this vegetable and biological compound, the new discovery of a reputed French physician, does. HEMOFLUID is blood itself; it contains every active principle of blood, and when it enters the stomach, and without going through the process of digestion, it becomes blood, as pure, as rich, as full of the properties that give vitality to the body, strength to the muscles and power to the nerves as is the blood of the healthiest man in the world. It gives muscles, nerve, fibre and the vigor of youth.

Unlike other preparations that tone up the system, whose action is slow and uncertain, HEMOFLUID acts immediately; its invigorating effects are felt by the entire system.

HEMOFLUID is by far the quickest acting restorative in the world. Persons so far run down that they are on the verge of nervous prostration are restored to perfect health in a few days.

To convert HEMOFLUID into pure blood is no long tedious process. The first dose taken into the stomach at noon will be coursing through your veins as pure blood before night. Its action is so quick and results so marvelous, that they are almost incredible, only those who have been relieved of their suffering and restored to complete health in a few days can believe that such a miracle-working preparation exists. HEMOFLUID cures all diseases by putting into the veins and arteries new life-giving blood that vitalizes the whole system; it quickly cures all abnormal conditions by restoring to the human system its lost energy.

HEMOFLUID is for sale at Druggists or at
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 52 State Street - - - Rochester, N. Y.

50c This Coupon is worth 50 cents. 50c
 Detach it and send with one dollar
 for a full size bottle, sufficient for
 two weeks' trial treatment. [52] 50c

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Send ten cents for a sample copy of "THE SWASTIKA" and you won't be without it, if you like high-class literature on Advance Thought Lines.

Have You an Idea that is worth One Dollar? If so, "The Swastika" Magazine will buy it of you. Buy a copy to-day and find out all about it.

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A SPECIAL OFFER

Is now made of The Nautilus and the home magazine called Health; edited by Dr. C. S. Carr, Prof. von Boeckmann and Dr. Chas. A. Tyrrell; consolidated with Vim and Medical Talk; designed to help families get rid of doctors and dope by the use of hygienic living and natural methods of healing. Here is the offer:

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The Nautilus	1.00
	<hr/> \$2.00

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Stellar Ray	1.00
Swastika	1.00
The Balance,	1.00
Eternal Progress,	1.00
Vegetarian Magazine	1.00
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THE NAUTILUS with either of the above magazines, \$1.50. Foreign postage, 66 cents extra on Nautilus and Philistine, or Business Philosopher, or Fellowship or Vegetarian or Swastika; \$1.12 extra on Nautilus and New York Magazine; Nautilus and Health or Tomorrow 86 cents extra for postage.

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Woman's Home Companion, 1 year 1.00	
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The Nautilus with either of these magazines for \$1.75. Foreign, \$3.00 for Nautilus, with either of the last 4, or \$2.25 for Nautilus and Unity.

If you desire more than one of these magazines with NAUTILUS allow \$1.75 for Nautilus and one other, adding 85 cents for each succeeding one added to the list. Foreign postage, \$1.12 extra on each of the last four, 66c. extra for Unity and Nautilus.

New Thought, 1 year	\$1.50
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The Nautilus with either of these, \$1.25; with both \$1.65. Foreign Postage Extra. 36 cents extra on Nautilus, and 50 cents on New Thought.

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Address all orders to

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THIS MAN

Has Novel Plan to Help the UNSUCCESSFUL AND DISCOURAGED

Sends Strange Message Broadcast to Prove Theory.



PROF. ELMER E. KNOWLES,

THE GREAT TELEPATHIST.

Who Claims That Through Telepathy Anyone Can Obtain Success and Happiness.

A rather unique and attractive organization known as The Psycho Success Club with Prof. Elmer E. Knowles, the noted Telepathist, as President, is creating widespread interest. Judging from the strong endorsements and letters of commendation from members in all parts of the world, the Club is accomplishing results which seem little short of the miraculous.

The following extracts were selected from a large stack of letters recently sent to Prof. Knowles by members: A letter from Member No. 19,454, dated Chicago, Ill., Aug. 31, 1907, states: "I have followed your instructions beginning one week ago today and can honestly say that I feel like a new being."

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Another member writes that her membership has been worth thousands of dollars to her and many write that membership in the Club is a great boon to humanity. Some of the members admit that the changes that take place seem strange and incomprehensible and all unite in praising the work of the Club in the highest terms.

The principles upon which the Club is founded are carefully thought out along lines which aim directly at transforming failures into successes, filling the discouraged and despondent with faith and hope and teaching its members to live in ways that cultivate the ability to win personal victories in the arena of accomplishment.

The President of the Club claims that the reason many persons are not in the positions in life they ought to be lies in the fact that they are not using their inherent forces in the right way to produce the proper harmony of environment. In his own successful career he has demonstrated the wisdom of mental development and the folly of being ignorant of psychic laws.

Prof. Knowles is well known throughout America and the newspapers have praised him highly for his excellent work in Telepathy. If you want to be a member of The Psycho Success Club, send your name and address to Prof. Elmer E. Knowles, Suite 22, No. 126 West 34th Street, New York City, N. Y.

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Autology

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"Seven month's ago I was a complete wreck, with stomach ruined by drugs and wrongful eating, an enlarged liver, kidneys too diseased to work, nervous system shattered, memory and brain feeble, vitality very low and the body itself emaciated, so that my appearance and feelings were equally miserable.

"I had struggled along blindly for above eight years.

"And now I not only am able to work without fatigue from ten to twelve hours each day at my profession as a lawyer, but a large number of my friends, with many different complaints, have likewise been cured. AUTOLOGY IS LIFE ITSELF."

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AUTOLOGY AND AUTOPATHY is no theory, no fad, no creed. It is Knowledge, Experience and Sense applied to the Practical Business of Your Own Body and Brain in Health and in Sickness, *and by your own self.*

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